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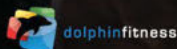
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FIVE IN A ROW!
Phil Heath stood tall at the 2015 Olympia to take home his fifth Sandow.

FEATURES

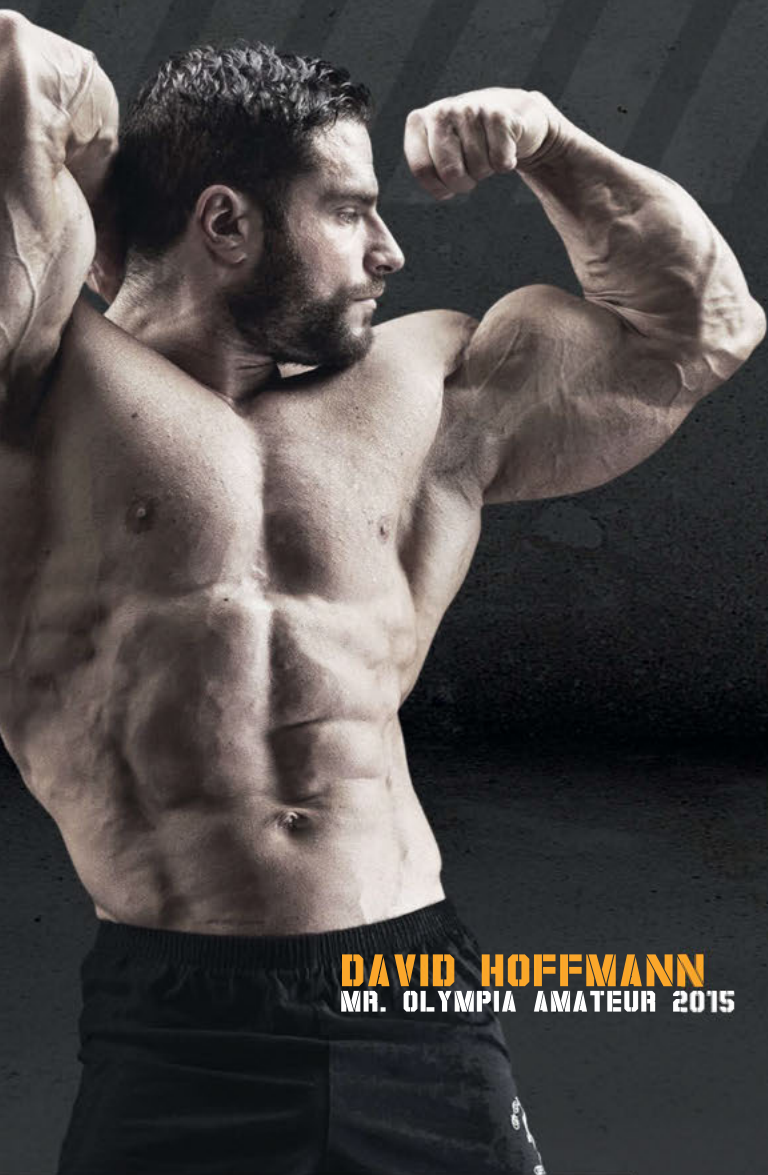
- 18 OFFICIAL O TRAILER**
A teaser of our complete Olympia Weekend coverage.
- 20 MUSCLE IN MERSEYSIDE**
Britain won 20 medals when Liverpool hosted the Amateur Olympia.
- 34 CLASSIC MUSCLE**
Classic bodybuilder Femi Billyrose and bodyfitness champion Michelle Leach talk about their training and Ryan Terry weighs the pros and cons of fasted cardio.
- 86 TAKE THE FIFTH**
Phil Heath wins Sandow No. 5.
- 98 SANDOW 2.0**
Bodybuilding's top trophy gets a reboot.
- 100 TOTAL ACCESS**
Behind-the-scenes action from the Olympia Weekend.
- 108 BUILDING A LEGACY**
Flex Lewis wins his fourth 212 Showdown, plus all the division champs.
- 120 YOUNG GUNS**
The rapid rise of 2015 USA champ Cody Montgomery.
- 126 SHE'S GOT LEGS**
Juliana Malacarne's head-turning wheels.

DEPARTMENTS

- 8 EDITOR'S LETTER**
- 12 IT'S ONLY MY OPINION**
- 14 JUST THE FACTS**
- 42 LOOKING BACK**
- 54 1ST SET**
- 64 LIFT**
- 72 FOOD & SUPPS**
- 132 LAST SET**
- 142 BODYBUILDER OF THE MONTH**
- 144 THE SHOT**

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From left to right: Dr. Rafael Santonja, Jim Manion, Phil Heath, and David J. Pecker



THE OLYMPIAN SPIRIT

WOULDN'T IT BE NICE IF THE REST OF THE WORLD TOOK A CLUE FROM BODYBUILDING?

■ The 2015 Olympia Weekend marked the 13th time I've been fortunate enough to watch the world's premier bodybuilding and fitness event in person, and each year I am increasingly amazed by the diversity of athletes that gather to celebrate physical excellence. In a time when we hear so much talk of segregation, alienation, and condemnation, of cultures, of religious groups, and of races, it's a joy to be immersed in the melting pot that is the Olympia Weekend.

Just look at the athlete lineups, where we have competitors from

more than 25 nations. As for the fans attending the weekend, many more countries are represented, evident from the multitude of languages being spoken at the Olympia Expo. Fans are fans, regardless of their nationality or religious affiliation, and they could care less where their heroes were born or the color of their skin. What they do care about is how close they've come to building the perfect physique, performing the best routine, and representing their sport to the best of their abilities. Wouldn't it be nice if the rest of the world could take a

clue from our own—the world of bodybuilding and fitness? Imagine it: instead of disagreements, we'd have bench press challenges, and rather than name-calling we'd hear rep-counting. One can dream...



More Power to You,

Shawn Perine

Shawn Perine
Editor in Chief



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2015 OLYMPIA SUPERSTAR PHOTO SHOOTS

■ Go behind-the-scenes with FLEX's marathon weekend of photo shoots with the best of the best in the industry, including Phil Heath, Flex Lewis, **Mamdouh "Big Ramy" Elssbiay**, Jeremy Buendia, Juliana Malacarne, Shawn Rhoden, Jose Raymond, and more.

FLEXonline.com/2015olympiashoots



JOEL STUBBS' LEGENDARY BACK WORKOUTS

■ In our December 2005 issue, we asked readers if Joel Stubbs had the best back ever. A decade later, Stubbs' back continues to impress. Check out his hardcore workouts and training tips, only at FLEXonline.com/joelstubbslegendaryback



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HEAVY DUTY SUSTAINED CONTRACTION

PART TWO

FOR YEARS, MIKE MENTZER

had been inviting me over to check out his new apartment, but it seemed I never had the time. I was busy either photographing the newly crowned bodybuilding champions after they had been flown to California by Weider or with work in the dark room. Mike, on the other hand, always seemed to be giving his one-hour telephone training advice to anyone who signed up to call him. This time; however, I had to hear about his latest advice concerning Heavy Duty Sustained Contraction. So, one night around 8:45 pm, I turned up at his apartment to do so.

As usual, Mike was on a training advice call with one of his younger fans somewhere in the world. Mike interrupted the caller for a few seconds to let me know that he would be finished by 9 and to help myself to a beer while the pizza was on its way. Sounds good, I thought to myself, but when I opened the fridge, I only found one bottle of lousy-tasting American light beer. I quickly nipped downstairs to the 7/11, and returned to Mike's place with a freezing cold six-pack of good old Newcastle Brown Ale. Mike had finished his telephone call, and was staring down at the biggest box of pizza I have ever seen in my life. He glanced up at me casually, noticed the six pack and said, "Oh, Newcastle Brown Ale. That's where you live isn't it? I'm not much of a beer drinker to be honest with you, but I hope you like lots of chorizo on your pizza? I love chorizo. Now, where were we in the interview?"

"You had just explained to me how you trained your clients on Monday. You said you had them train chest, shoulders, and triceps." I pointed out.

"Yes, you are right." He answered. "On Tuesday, we work the back and biceps. For back, we start out with one set of close-grip, under-handed pulldowns to absolute muscular failure, followed immediately by one set of rows using Hammer Strength equipment. The Hammer, as you know, started out as the Leverage Machine built by Arthur, then was further developed by his son, Gary."

ED NOTE: *When I was working for Arthur at his Nautilus plant in DeLand, Florida, during the 1980s, he showed me some huge, shiny, chrome-plated strange looking machines which he called Leverage Machines. They were very different to his famous Nautilus Machines which had taken the world of strength and bodybuilding by storm. No, these looked*



Scott Wilson with a Nautilus Leverage machine.

nothing like that because they did not have the famous Nautilus cam, and they were not even selectorized. You simply put barbell plates on either side for resistance. One day, I photographed Pro bodybuilder Scott Wilson training on one. He told me that they were the best machines he had ever used. Arthur had built these machines using what he called the Leverage Principle, but he really didn't know what to do with them. He called his son, Gary and said, 'Do you want these damn Leverage Machines?' Of course Gary said yes. And that's basically how Hammer Strength was born!

"We follow the Hammer Strength rows," Mike continued, "with one set of shrugs using the Hammer Strength shrug machine. When the trainee can't perform another single rep, I help him raise the weight to the top position, so that he can hold the sustained contraction for at least five seconds. He does, or tries to do three such, five-second reps. We

then finish with regular dead lifts for one, or, at the most, two sets.

"For biceps, it's usually the Nautilus biceps curl, my favourite, for at least seven reps with the most amount of weight possible. We then hold the last rep in the contracted position for as long as thirty seconds. That's right! Thirty seconds!

"You see, Chris, sustained contraction hasn't really been applied by bodybuilders very much, even though the system goes back years. But, boy! Does it work. After the trainee has held the weight in the contracted position for thirty seconds, I have him lower it slowly for two negative-only reps. That's the entire

biceps workout. One set. Twice a week!!

"The third workout is legs only and the workout often varies. On one occasion, we'll do two sets of heavy squats followed by one set of leg curls then two sets of heel raises. The next session, we would do one set of thigh extensions incorporating sustained contraction and negative-only reps, immediately followed by heavy leg presses to failure. The workout is concluded with one set of leg curls and two sets of heel raises, and

that's it.

"On the face of it, this might not look like much, but believe me, this is a hard and extremely demanding way to train. Every time you add a set, you're moving more and more into the direction of endurance training. The body reacts to specific kinds of stimulus and, when you mix the two, you get mixed results—either endurance training or muscle building. The intensity involved with this kind of training is so high that any more than one set, to total failure is more than sufficient. More than one set means you will probably compromise your results enormously!"

Mike didn't really care that much for the Newcastle Brown Ale, but he devoured that pizza like a starving tiger!

Rest in peace, Mike Mentzer.

**See You Next Month
and Keep Training,
CHRIS LUND**



**"Sustained
contraction
hasn't really
been applied by
bodybuilders very
much. But, boy
does it work!"**

LIGHTEN UP? NAH.

■ Training to failure using heavy weight (90% 1RM) recruits more motor units than achieving failure using lighter loads (50% 1RM), scientists have found.

143

Mamdouh “Big Ramy” Elssbiay’s weight two days out from the 2015 O.

TOP 10

■ A Finnish study found that subjects using a 10 x 10RM set and rep scheme on the leg press activated the anabolic pathway in the quads more so than subjects using a 5 x 10RM.

EMPTY OR FULL?

■ Training on an empty stomach doesn’t significantly impact body-fat loss long-term, according to research from Lehman College in the Bronx, New York.

“EACH WORKOUT IS LIKE A BRICK IN A BUILDING, AND EVERY TIME YOU... DO A HALF-ASS WORKOUT, YOU’RE NOT LAYING A BRICK DOWN. SOMEBODY ELSE IS.”

—DORIAN YATES



HOW 'BOUT A NOONER?

■ People who identify as early birds or night owls were found to be stronger in the morning and at night, respectively, according to researchers. People who consider themselves neutral or aren’t sure if they’re a bird or an owl are more likely stronger in the evening.

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The supplement comparison website.

25

grams of **pea or whey protein** given to subjects for 12 weeks translated to equal gains in size and strength.

PRE-WORKOUT BOOST

■ Growth hormone and insulin-like growth factor-1 were **both found to be significantly higher** during training when lifters took one gram of beta-hydroxy-beta-methylbutyrate (HMB) before training, according to the University of Central Florida.



HOT DAMN!

■ If a hot dog is one of your coveted cheats, you might not want to read this. The company Clear Food analyzed 375 hot dogs and sausages and found hygienic or substitution issues with 14% of the samples. Some hot dogs unlabelled ingredients such as lamb, chicken, or pork, while 2% of the test pool contained human DNA.

CASE FOR CASEIN

■ Forty grams of casein protein taken before bed resulted in a 22% increase in muscle protein synthesis over those who took a placebo.

FRUIT FORCE

■ Mice received extracts of fructus schisan-drae as well as a corticosteroid 20 times more catabolic than cortisone. The extract prevented muscle loss and showed signs of protecting muscle from damage.

THE CHEESE STANDS ALONE

■ Researchers from the University of Michigan examined more than 500 foods and concluded that **cheese is one of the most addictive foods**—and it's casein's fault. Casein, an ingredient in cheese, releases casomorphins (peptides) that impact dopamine receptors.



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2015 IFBB OLYMPIA WEEKEND COVERAGE!

■ It had all the ingredients to be memorable: controversy, suspense, blockbuster numbers, and history. The 51st edition of Ultimate Nutrition's 2015 Joe Weider's Olympia Fitness and Performance Weekend, presented by Amazon Sports Nutrition, was, to quote a famous 2016 presidential candidate, "Huge!" You already know the results, but there's so much more that happened, and FLEX delivers it all to your fingertips. Senior writer Greg Merritt's exclusive insider's view begins at the Athletes Meeting, carries over to the Press Conference, and culminates with expert analysis of the planet's best bodybuilders. In this issue, you'll see who dominated, who stole the show, all the drama on and off the stage, and behind-the-scenes photos. Plus, there are all the weekend's big winners, tons of expo pics, and more.

1
Figure
Olympia
win for
Latorya
Watts

3

Bikini
Olympia
wins for
Ashley
Kaltwasser

Attendance at the
Olympia Finals

10,000+



FOR COMPLETE CONTEST COVERAGE, behind-the-scenes photos, and all the headline-grabbing moments from bodybuilding's greatest show on earth, flip it forward to page 86.

55,000⁺

**Attendance at the
Olympia Expo**

\$400,000

**1st place prize
money for
Mr. Olympia**

2

**Olympia
division
wins for
Jeremy
Buendia,
Juliana
Malacarne,
and
Oksana
Grishina**

4

**Olympia 212
Showdown wins
for Flex Lewis**

5

**Mr. Olympia
wins for
Phil Heath**

182

**Total
competitors**

Total prize money (record)

\$1,215,000

DESTINY LIVERP



FROM LEFT TO RIGHT British medallists Tony Bailey, Rosie Harte, Romane Lanceford and Linda Gartside.

IT WAS ONE OF THE MOST HISTORIC bodybuilding contests ever staged in Britain, marking the moment the Olympia returned after 32 years.

The last time this country staged an Olympia was in 1982 when Chris Dickerson

won at Wembley. That was the most prestigious professional competition on earth and although nobody would claim the Amateur Olympia in Liverpool was on the same level as that, it was, nevertheless, a momentous occasion and a huge international event.

A T I O N : O O L

**BODYBUILDERS FROM
40 COUNTRIES FLOCKED
TO MERSEYSIDE FOR
THE UK AMATEUR OLYMPIA.
BY JOHN PLUMMER**



Almost 400 athletes from 40 countries flocked to the city's spectacular Echo Arena to battle for the chance to be called 'Olympia champion'. They flew from as far as Brazil and Bermuda and there was a strong contingent from that hothouse of Middle

Eastern muscle, Oxygen Gym in Kuwait.

The UK, unsurprisingly, had the largest team and finished with 20 medals, including two gold.

With guest spots by IFBB pros William Bonac and Zack Khan and an appearance by Dutch legend Berry de Mey, it was a weekend to savour. ➡

PHOTOGRAPHY BY **CHRISTOPHER BAILEY**

DESTINATION
LIVERPOOL

BODYBUILDING

A

KUWAIT



CONQUERS

THERE WAS FURTHER EVIDENCE of the emergence of the Middle East as bodybuilding's next global powerhouse as Kuwait and Qatar dominated the weight classes. Indeed Kuwait provided the super-heavyweight and overall champion Abdullah Al-khayat, whose monstrous yet nicely flowing physique is now eligible for the pro ranks.

Tony Bailey was the best of the Brits, adding another silver trophy to the one he won at the British Championships three weeks earlier. Bailey somehow boiled down to 85 kg and looked sharp in an event that at the end of a long season proved one too many for some home athletes.

Bailey's long-term domestic rival Chris Jones was the only other Brit to make the top three in the open classes. Jones' trademark insane conditioning and muscle-packed physique powered him to bronze in the under-90 kg class.

The ageless Pat Warner finished third in a combined masters class for over 40s and 50s. Warner looked bigger and fuller than he had at the national finals three weeks earlier to turn the tables on Paul Rowe.

Gareth Davies was a fantastic fourth in Bailey's



A Overall champion Abdullah Al-khayat from Kuwait earned the right to turn pro.

B Britain's Tony Bailey hits a side triceps pose on his way to a silver medal.

class. Jenev Verghese filled the same berth in the 100 kg line-up. British champions Gordon Singh and Stephen Chandiwana finished fifth in the 75 kg and 80 kg divisions respectively. Samson Dauda was the best of the Brits in the super-heavyweights, finishing eighth to round off a spectacular rookie year.



A

B

RESULTS

OVERALL CHAMPION

ABDULLAH AL-KHAYAT / Kuwait

CLASS WINNERS

UP TO 75 KG

HAMAD ALSHATTI / Kuwait

UP TO 80 KG

FABIO LOPES / Portugal

UP TO 85 KG

CSUHAI JANOS / Hungary

UP TO 90 KG

AHMED FAWZI / Switzerland

UP TO 95 KG

NASSER ALI

AL-MASLAMANI / Qatar

UP TO 100 KG

HASSAN JAMA / Canada

OVER 100 KG

ABDULLAH AL-KHAYAT / Kuwait

BRIT AWARDS

SILVER

TONY BAILEY / Up To 85 Kg

BRONZE

CHRIS JONES / Up To 90 Kg

MASTERS BODYBUILDING

PAT WARNER

A The amazing physique of 50-year-old Pat Warner.

B Bronze medallist Chris Jones shows his striations.



DESTINATION
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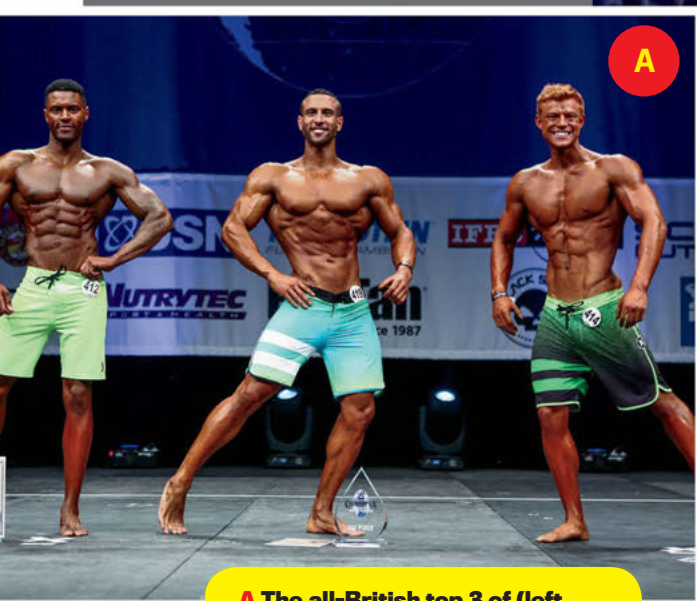
MEN'S
PHYSIQUE/
CLASSIC

KING ROMANE

ROMANE LANCEFORD

won Britain's only men's gold medal of the weekend with a typically commanding performance in the tall height class.

Lanceford considered pulling out two weeks before as his condition wasn't as sharp as usual but he managed to turn things round and arrived looking as solid and imposing as ever to record a second major success in the space of a month after victory at the



A The all-British top 3 of (left to right) Craig Lynch, Romane Lanceford and Josh Bridgman.

B The winner Romane Lanceford.

B



B

British Championships. The only disappointment is that on both occasions he failed to win the overall and get the pro card his physique merits.

Lanceford led a British clean sweep in the tall class, with Craig Lynch and Josh Bridgman claiming silver and bronze.

Tom McDonough struck silver in the next height class down. International competitor Zack McGuirk

A

A Tom McDonough showed why he is one of Britain's leading men's physique competitors.

B Zack McGuirk, Britain's leading classic bodybuilder, finished second.

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RESULTS

MEN'S PHYSIQUE

ALEXIS GONZALEZ BENITEZ

Spain

CLASS WINNERS

UP TO 170 CM

ALEXIS GONZALEZ BENITEZ

Spain

UP TO 174 CM

BADER ALSABAA

Kuwait

UP TO 178 CM

ABDULLAH ALSARAF

Kuwait

UP TO 182 CM

WACHELKA DAWID

Switzerland

OVER 182 CM

ROMANCE LANCEFORD

UK

CLASSIC BODYBUILDING OVERALL CHAMPION

WASTECLEY MORALES

COSTALIMA / Spain

CLASS WINNERS

UP TO 180 CM

ARNOLD GERGELY

Hungary

OVER 180 CM

WASTECLEY MORALES

COSTALIMA

Spain

BRIT AWARDS

GOLD

ROMANE LANCEFORD

over 182 cm

SILVER

CRAIG LYNCH

over 182 cm

TOM MCDONOUGH

up to 182 cm

ZACK MCGUIRK

classic over 180 cm

BRONZE

JOSH BRIDGMAN

over 182 cm

AIKEEM REID

up to 174 cm



reminded everybody why he is one of the UK's best with silver in the tall classic class.

The overall classic champion originally entered men's physique, only to be told he was too big and to try classic instead.

Overall men's physique champion Alexis Gonzalez Benitez is congratulated by British official Dennis Christopher.

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DESTINATION
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FEMALE
CLASSES

HARTE STOPPER

ONCE AGAIN Britain's women came home from a major competition with more trophies than the men. Our super-fit females bagged 11 in total, with pride of place going to Rosie 'Rascal' Harte, who overcame fellow northerner Linda Gartside in the up to 163 cm women's physique class then defeated Brazil's Marjorie Beck for the overall title and an IFBB pro card.

It was a well-deserved win for Harte, who narrowly missed the chance to go pro when she finished second at the 2014 Arnold Classic in America. She responded in the best possible way by coming back in the shape of her life to blow everybody away and win with straight firsts. Harte's stunning posing routines, which have lit up British stages over the last couple of years, will now have a worldwide audience.

Michelle Leach followed up her British bodyfitness masters title with second place and was unlucky not to win after leading in round one.

Emma Paveley, one of the UK's most consistent big time performers, finished second to Ireland's Claire McGrath in fitness.





A Overall women's physique champion and new IFBB pro Rosie Harte.

B Michelle Leach is now a British champion and Olympia runner-up.

C Gemma Stanley broke into the big time with a silver medal.

D Lincoln's Sofi Smart finished second in tall bikini fitness.



In bikini fitness, silver medallist Sofi Smart looks like she's on the cusp of great things, having filled out her amazing shape and learned to improve her conditioning and stage presence.

British finals runner-up Emma Howie won her second silver in the space of a month and Gemma Stanley moved into the big time with an impressive second place in her height category.



RESULTS

BRIT AWARDS

GOLD

ROSIE HARTE
overall women's physique champion

SILVER

LINDA GARTSIDE
women's physique up to 163 cm

MICHELLE LEACH
bodyfitness up to 168 cm

EMMA PAVELEY
fitness

SOFI SMART
bikini fitness over 172 cm

EMMA HOWIE
bikini fitness up to 172 cm

GEMMA STANLEY
bikini fitness up to 169 cm

BRONZE

VICKY CALE
fitness

ALLA MEIJER
bikini fitness over 172 cm

ADRIANNA MCDONALD
bikini fitness up to 169 cm

JOANNA WOLOSZ
bikini fitness up to 166 cm



GN

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CLASSIC MUSCLE

AESTHETIC ELITE

**ZACK MCGUIRK AND
EMMA PAVELEY LEAD
THE WAY ABROAD.**

Some of Britain's most aesthetic physiques rounded off 2015 with strong international performances. Former gymnast Emma Paveley won a bronze medal at the World Fitness Championships in Budapest, Hungary. The British champion has collected enough trophies to fill her house over the last 18 months but this was her best result to date. Teammate Vicky Cale also shone by finishing ninth.

Cumbrian Zack McGuirk finished eighth in the Classic Bodybuilding World Championships in Benidorm, Spain, an improvement of four places on his position in 2014. Finally, Ricky Beckford flew to El Salvador for the IFBB World Masters Championships and returned with a bronze medal less than two weeks before Christmas.

Zack McGuirk photographed at Manchester's Front Line Fit the week before the World Championships.





FEMI BILLYROSE
Reflex Nutrition athlete, image courtesy of Christopher Bailey

STAND OUT

We created One Stop® Xtreme, the all-in-one bodybuilding supplement to outperform all of the competition, not just in formulation but also in quality. The combination of EU grass fed whey protein, Creapure® creatine, patented Albion ultra bioavailable minerals, significant use of additional amino acids and patented nutraceuticals means that One Stop® Xtreme is categorically guaranteed to deliver more than the competition, or your money back.

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"I LOOK AT
PICTURES
AND TRAIN
MY WEAK
POINTS."



DETAILS MAN

FORMER NIGERIAN GLADIATOR FEMI BILLYROSE IS NOW A FULLY-FLEDGED BRITISH CLASSIC.

With his striking V taper, muscle separation, and all-round aesthetics, Femi Billyrose is one of the new stars of the British scene. He finished third in men's physique at the 2015 British Championships and three weeks later ranked fourth at the UK Amateur Olympia after switching to the classic class. The man known for his 27-inch waist and 3D muscle might make it look easy, but he graduated from the school of hard knocks in Nigeria.

FLEX: What got you into bodybuilding?

Femi Billyrose: I started bodybuilding because I was very tall and used to be skinny. I weighed only 65 kg. I've always loved everything to do with old-school bodybuilding and wanted to look like guys such as Frank Zane and Mohamed Makkawy.

What was it like working out in Nigeria?

There were no proper gyms so it was all about improvising. We used bricks or train wheels. Sometimes we put concrete in a bucket then stuck a bar in. proper gyms only really started to open in Nigeria 10 years ago.

How did you get to be in Nigerian Gladiators and what was it like?

I did an audition where we had to do some heavy lifting, jumping, and balancing on an unstable platform. It was great fun and I got chosen. I also did a lot of modelling and was in movies.

When did you move to Britain and how has your training changed?

I moved here 12 years ago. The industry makes you think you need crazy equipment to have a good physique, but, although

gyms are good, you should be able to train anywhere. I still go to the park occasionally and have a workout without any equipment.

How did you get into competing?

When I came to England I did fashion and catwalk modelling but I was told to lose weight. I didn't want to so I started doing fitness modelling and one day a guy said I looked great and should compete. I did my first contest in 2012 and placed second.

How does your training break down each week?

I train five days a week and have two days of rest. I do high reps of at least 20. I start with compound exercises then finish with machines.

Why don't you ever go below 20 reps?

For me it's about stimulating the muscle and you don't do that with 5 to 10 reps. I can go as high as 50 reps for leg presses, or sometimes I keep going for two minutes. I only rest for a maximum of 50 seconds between sets. I don't even know my one-rep maximums. The most I deadlift is 70 kg but I do that for six sets of 20-30 reps.

How do you get such a tiny waist?

I train my midsection pretty much every day. I focus on training the transverse abdominal muscles, which hold the gut in but most people train the rectus abdominal to get a six-pack. They might get one but it also thickens their waist. I also do vacuum pose training and planks.

Do you train different body parts each day?

I used to train that way but now I

FEMI BILLYROSE

AGE 35

PLACE OF BIRTH Nigeria

LIVES London

HEIGHT 186 cm / 6 ft 1 ins

WEIGHT Contest weight 92 kg / 203 lbs

CAREER HIGHLIGHT 4th in classic bodybuilding at Amateur Olympia

AMBITION To own my own gym

TRAINING ADVICE Give 100 per cent dedication to everything

SPONSORS Reflex Nutrition, ProMixx, Skechers and the Meat Man. Also a BodyPower athlete.

TO CONTACT On Twitter @billyrosefitness and on Facebook and Instagram at billyroseFitness

just look at pictures and train my weak points. If you keep training your strong points, you only get more imbalanced. My calves, hamstrings, and glutes are my priority. I will usually train one of them first then do a stronger body part.

What do you do for cardio?

I do a maximum of 30 minutes a day on an upright bike or cross-trainer before breakfast.

What do you eat in a typical day?

My main foods are chicken breasts, fish, steak, eggs, plantain, yams, sweet potatoes, and brown rice.

Where would you like to be in 5 years?

I'd like to have my own gym and be competing on the Olympia stage.

SUPER MUM

MOTHER-OF-TWO MICHELLE LEACH ONLY STARTED TRAINING IN HER 30s AND IS NOW A BRITISH CHAMPION.

■ **Many women** would settle for looking good in a pair of jeans after having two children. Michelle Leach; however, is not your average mum.

Leach won masters bodyfitness at the 2015 British Championships, then three weeks later finished second in the open classes at the UK Amateur Olympia. She is one of three current national champions who train at IFBB pro Eddie Abbew's Olympian Gym.

FLEX: How did you get into training?

Michelle Leach: I started with a personal trainer five years ago. I could only afford to see him once a week and he told me I needed to train more often on my own so I joined a gym but didn't like it. Guys would look me up and down as if to say 'what is she doing here lifting weights?' So I joined Eddie's gym where the atmosphere was more relaxed and there were people I could go to for advice.

Why did you take it further and compete?

I saw Serene Hussein-Harper getting ready for a contest and thought 'wow'. Every week I'd see her body changing and wondered if I could do the same. Eddie put me on a diet in October 2012 and after I trained with him for a while, he said I was ready to pick a show.

How difficult is it competing as a single mother?

It's hard to juggle everything, but my daughters are 19 and 10 now so it's got a bit easier. When I started, I was a field sales rep in Kent and would travel around the southeast of England every Monday to Friday so that was tough. But it's something I enjoy and thrive on, plus my daughters love it so that makes me happy.

What do you do in a typical week?

■ **Monday** Shoulders and hamstrings

■ **Tuesday** Glutes and quads

■ **Wednesday** Biceps, triceps, and abs

■ **Thursday** Chest

■ **Friday** Back

■ **Saturday** Rest

■ **Sunday** Rest

Sometimes I do an extra glutes session at the weekend.

What are your sessions like?

I train with Eddie, Lisa Kelly, and Norbert Lewandowski and we are constantly mixing things up depending what stage of competition prep we are at. The majority of time, we do between 12-15 reps, although, occasionally we go up to 50 reps.

Describe a favourite workout?

Shoulders are my favourite.

■ **Machine shoulder press** 3 x 50

■ **Lateral raises** 4 x 15

■ **Front raises** 4 x 15

■ **Superset bent-over flyes/pec deck** 4 x 15

■ **Shrugs** 3 x 25

Best exercise for glutes?

For me I love the abduction machine. I normally do it as a finishing exercise and do 100 reps using the full stack of weights.

How much cardio do you do?

Off-season, I don't do any. When I'm prepping for a contest, I do between one and two hours a day and it's always steady state. I either walk on the treadmill or sit on a bike at home.

Fasted cardio—yes or no?

I believe it does work for some people but I've not had to do it myself. Everyone is different and responds differently to different methods.

If you could only have two supplements what would they be?

Whey protein and ZMA.

What do you need to improve?

I'd like to put some more width on my back and change the way my glutes look. They're my two areas of focus, so I'm doing lots of lunges and Sumo squats and more abduction exercises. I want to create more of a tie-in with the hamstrings.

When will you next compete?

I wanted to do the Arnold Classic in Ohio, but my body needed a break. I'm now planning to do the Arnold Classic Europe in Madrid later this year.

Most annoying thing in the gym?

People not putting their weights away.

MICHELLE LEACH

AGE 36

BIRTHPLACE Hemel Hempstead, Hertfordshire

RESIDES Hemel Hempstead, Hertfordshire

HEIGHT 166 cm / 5 ft 5 ins

CONTEST WEIGHT 60 kg / 133 lbs

CAREER HIGHLIGHT 1st in masters bodyfitness at 2015 British Championships and 2nd in bodyfitness up to 168 cm at 2015 Amateur Olympia.

AMBITION To get an IFBB pro card.

TRAINING ADVICE Off-season nutrition is just as important as pre-contest nutrition.

TO CONTACT On Facebook @ Michelle Leach

**"I THRIVE
ON THE
CHALLENGE
AND MY
DAUGHTERS
LOVE IT."**



RYAN TERRY

**THE BRITISH MEN'S
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TRAINING QUESTIONS.**

Do you do fasted cardio?

I like to do fasted, low-intensity cardio first thing in the morning before breakfast.

At that time of day, your body is more likely to use stored fats for fuel. Also, growth hormone levels are higher at night and are still elevated first thing in the morning. GH is highly catabolic to fat cells, which means it helps to break down fat stores so doing cardio in the morning when levels are high is effective.

Conversely insulin levels are low before breakfast and low insulin levels are good for burning fat so yes, I'm a fan of fasted cardio.

If you are carrying a lot of fat you'd like to shift quickly, high intensity in a morning or after weight training is great because it will kick-start your metabolism and elevate it to burn fat at a higher rate throughout the rest of the day.

I tried it over a few weeks and found that it increased my metabolism so much that I started to lose weight quickly and struggled to assess whether I was burning fat or muscle. So, for me, fasted, low-intensity cardio in the morning is best.

How far above stage weight do you go off-season?

I tend to only go about 3-4 kg above stage weight, which is different to traditional bodybuilders who can add 12-14 kg post-contest.

Extra bulk enables them to grow muscle during their off-season but if you're a fitness model and/or a

men's physique competitor you are promoting a healthy attainable look that is achievable 365 days of the year.

Also, once we have a certain amount of size, it is not essential to add mass each year. In my off-season I will therefore increase my calories enough to gain 3-4 kg. This slows my metabolism, which helps me to then improve my weak points for the next time I compete.

The focus for my current off-season is to increase size in my arms and add more fullness to give my physique a more aesthetic look for 2016.

What is your training split?

My current split is:

- **Monday** Back and biceps
- **Tuesday** AM Abdominals
PM Chest and triceps
- **Wednesday** Quads and calves
- **Thursday** AM Abdominals
PM Shoulders
- **Friday** Biceps and triceps
- **Saturday** Rest
- **Sunday** Hamstrings and calves

This split enables me to focus on my weaknesses—namely my biceps, triceps, and calves—by hitting them twice a week. I have currently cut morning cardio and increased calories to help fuel my workouts and recover quickly. Notice I allow as many days as possible in between hitting the same muscle group again.

You recently said in FLEX that your favourite abs exercises are hanging leg raises, weighted



Ryan tries to stay within 3-4 kg of contest weight all-year.

abdominal crunches, cable wood chops, and the plank. Why are leg raises so good?

I do indeed like those four exercises because they target the different muscle groups that make up the midsection. It is vital to stimulate the entire midsection to create a tight, 3D and world-class midsection and I have long regarded straight hanging leg raises as one of the most important exercises for sculpting and building this area.

It is also one of the hardest to perform because you have to engage the upper and lower abdominals as well as the core, obliques and transverse abdominis in one isolation movement. I tend to perform this exercise first in my abdominal session because when you take the weight of your legs into account it is effectively a weighted exercise and requires a lot of effort so I need to be fresh and full of energy. I also find it's a great exercise for overall core strength, which helps in other areas of training.

A full-page photograph of a very muscular man in a gym. He is shirtless, showing his chest, abdominal muscles, and arms. He is holding a black dumbbell with a red label that says "Jordan 5" in his right hand. He is looking directly at the camera with a serious expression. The background is a blurred gym setting with other people and equipment. The lighting is dramatic, highlighting the man's physique.

**"THE FOCUS FOR
MY CURRENT
OFF-SEASON IS
TO INCREASE
SIZE IN MY ARMS
AND ADD MORE
FULLNESS."**

CLASSIC MUSCLE

LOOKING BACK



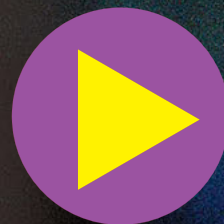
CHRIS COOK

**THE BODYBUILDER WHO
COULD HAVE BEEN KING**

PHOTOGRAPH BY BILL DOBBINS

**I WILL NEVER FORGET THE DAY
CHRIS COOK WON THE 2004 NPC
NATIONALS.**

The audience went absolutely crazy. This young, gigantic monster of a bodybuilder weighing a whopping 246 pounds of solid ripped muscle hit the posing platform. With his gleaming blonde hair and massive muscular frame, Chris Cook took many of us back to the era of the 'blond bomber' himself, the mighty Dave Draper, who had captured the imagination of many aspiring young bodybuilders way back in the 1960s and early 70s.



Chris Cook finished his routine with a perfect military salute to the judges and audience, because he knew then and there, that he was on his way to becoming one of the greatest bodybuilders of all time. However, fate stepped in when Chris turned pro the following year, because he entered just two contests. Then, in 2006, he competed only three times, placing way down the field. He then performed the biggest vanishing trick the world of professional bodybuilding had ever seen!

For almost 10 years, I have often wondered what happened to the great Chris Cook, because when he lived in Venice, California, we did many photo shoots for *Flex* magazine, and he always worked as hard as he possibly could every single time. Finally, in October last year I tracked him down at his home in Southern California, where he lives with his wife and four kids. I asked him how, and why he performed the biggest disappearing trick in bodybuilding history.

"To be perfectly honest with you, my early exit from pro bodybuilding was a combination of many things. In fact, it was almost like the perfect storm.

In 2005, I entered my first ever pro contest, the New York Pro, and placed 6th, which was fine for me, although I firmly believed that I should have placed at least 5th. This show, along with the Arnold Classic, was second only to Mr. Olympia itself. All the top officials in the sport were so enthusiastic and kept telling me that I had a great future in bodybuilding, as long as I kept on improving, which made me feel real happy.

"There was only one problem. My wife and myself wanted to have children, and bearing in mind all the chemicals a top pro has to take, I decided to have myself tested at the Cryobank after I came off everything for two months. We were both shocked out of our minds when the test results came back. My body was not creating any sperm!

"At first, I didn't do anything, other than pray for the Lord's guidance and just continued to train and prepare myself for the 2006 pro contest season. I

worked with Kevin Levrone during that time and everything was going real well. In fact, I got really big training with Kevin, but then a few weeks before the first show everything went wrong. I was big and my muscles were really full looking, then suddenly my body started becoming all watery. I couldn't understand what was happening to me, but I still entered those three shows, the IRON-MAN PRO INVITATIONAL, the SAN FRANCISCO PRO, and, finally, the ARNOLD CLASSIC.

"I felt really ill after these three shows, so in the end, I checked myself into a hospital and to my total surprise they told me I had been suffering from pneumonia for quite a number of weeks! I was really annoyed with myself when I heard this, because if I had known about it, I could have gone on antibiotics and not looked or felt as bad as I did.

"It was then that I started seriously thinking about those medical test results that I had taken prior to those shows. On top of all this, I was told that my contract was being reduced. To make things even worse, my product sponsor basically ran out of money. I lost that as well!

"It was a combination of all of these things that left me wondering if I was taking the right path in life. Then, out of the blue, this amazing offer from Guggenheim landed at my front door. Guggenheim is a 19th Century German company that made all their money from mining, copper, and minerals. They were at one time the biggest mining and mineral company in the world. I guess they approached me because I had done a few small business transactions with a guy who was a business partner, and friend at the company. He needed someone who could handle the relationships part of the business and I guess he figured I might be pretty good at it. That's basically how it happened, which is weird, because I was only 29 years old at the time. I definitely didn't understand anything about financial services or investing. In response to this, they said, 'Look, we know how hard you've worked to become a great bodybuilder. Just work as

hard for us in our business, and you've got the job. That's exactly what I did. I totally walked away from my bodybuilding career, even though I still trained and took part in MMA contests, except that I had no aspirations to become a world champion. I just wanted to have fun and let off steam. Another major factor in making this decision was that I didn't have to take drugs anymore, even though I never ever took a lot, because let's face it, I was winning!"

IN THE BEGINNING

"I had a weight set in my room when I was only 12 years old, because I always wanted to be stronger for all the sports I was into back in those days—football, wrestling, and swimming. I was much better at swimming and wrestling than I was at playing football. However, when I moved to Colorado, I found myself getting more and more sucked into lifting weights.

During my first few months at High School, my body weight jumped from 170 to 180 pounds, and because I knew I would probably never really be good enough to play football, I decided to join the military, which meant that I could train for as many hours a day as I wanted to. In fact, back in 1995 I started working out at a World Gym in Anchorage, Alaska, because I was stationed there. In Anchorage I met Larry Irvine who used to be an NPC competitor. Then, for some reason, I started shaving my legs and Larry asked if I was thinking about competing. I told him I was just doing it because I figured my legs would look better.

"But, in 1996 I entered and won Mr. Anchorage, because Larry said he would help me with my training and diet if I told people about it. Larry put me on a very simple but highly effective program, and I made terrific gains right from the very beginning. I trained six times a week back in those days, resting on Sundays. I trained only one body part a day and did no more than four exercises for each muscle group, but I worked harder than I ever did in my life. Here is how a typical week's training looked.

"Well, to be perfectly honest with you, my early exit from pro bodybuilding was a combination of many things. In fact, it was almost like the perfect storm!"



Chris with his two favourite mutts, Million and Suua.



CHEST

"My upper chest was always my weakest area so I usually always started each workout with incline presses, followed by dumbbell incline presses. Back then, the emphasis was always on building rock-hard striated muscle, so the high end of my reps was 7-10 and the lower end was two to three. Then I would do flat dumbbell bench presses, instead of a

barbell, because I didn't feel that this was an appropriate exercise for me to do in those days. After that, if I was feeling strong, I would do flat dumbbell flyes. If I wasn't feeling strong, I would finish with either the peck deck or cable crossovers.

BACK

"The next day, I would train my back and because I was trying

to build muscular density, I would always start out with regular dead lifts. Two or three warm-up sets followed by at least three sets using as much weight as I could. Back then, the dead lift was like a badge of honour. You would go in there and try to scrape as much poundage up your legs as you possibly could. After dead lifts I would do wide grip pulldowns, followed by seated low pulley rows, heavy



barbell rows or T-bar rows. I would finish off with wide-grip pulldowns behind the neck trying to build as much lat width as possible.

SHOULDERS & TRAPS

"The third day would be shoulders and traps, and I always started out working the rear head of my deltoids, because I needed that cap on the rear side of my shoulders. Even though I always thought I had

pretty good genetic rear delts in the beginning, I would look in the magazines and see people like Flex Wheeler and Kevin Levrone displaying the most perfectly symmetrical rear deltoids in bodybuilding.

"My first exercise was always the reverse peck deck (sitting facing the pad and bringing both arms back behind you). Next up, I did one-armed dumbbell raises lying on my side on a 30 degree incline. From there, I did dumbbell side lateral raises, which became my favourite shoulder movement throughout my career. I honestly believe that you have to learn exactly where your arms and elbows should be during the performance of this exercise. Do it right, and you will build perfectly sculptured deltoid muscles. Do it wrong, and you will probably never develop the kind of deltoids you should.

"When it came to side laterals I would do non-stop sets with 15 pounds, 25 pounds, 35 pounds, 45 pounds, 55 pounds and finally 65 pounds. I would then work right back down the rack to 15 pounds with almost no rest. I would blast those delts into oblivion! After the laterals I would do seated military presses on a machine, and on the high end I did between 7-10 reps. On the lower end with as much weight as possible I did around three reps.

"One thing I would like to mention is the fact that I was always aware that the shoulder joint is one of the most problematic areas in the body. If I did these military presses at the beginning of my workout there would have been a real chance that I could have gotten hurt. That was one of the reasons why I did all that lateral stuff first. By exhausting my rear and side deltoids first, I would be forced to use lower poundages on my frontal deltoids, which required less exercise anyway.

"For traps I did heavy barbell shrugs, (7 to 8 plates on each side) but I didn't do them the way nearly everyone else did. I pulled my traps upwards and behind my neck, whereas everybody else seemed to pull them up to their ears. At that time I always did shrugs with the bar held in front of me, but later on I started doing them with my hands holding the bar behind my back. I did three sets as heavy as possible

with a barbell then without too much rest, I switched to dumbbells, holding them in the contracted position at the top for as long as I could. Needless to say, we worked up to the heaviest pair in the gym for three reps. I was starting to build some nice old traps, I can tell you!"

QUADS & HAMSTRINGS.

"On the fourth day, it was quads and hamstrings, and I always went straight over to the squat rack when I got to the gym. I immediately started out doing 'ass to the ankles' squats with 135, 225, 315 and 405 pounds. Pretty early in my career I even got to the point where I could squat with 5 plates on each side of the bar. Squat day was always a day of 'pride' because there was nobody else in the gym who could squat with as much weight as I could. It also became routine for me to throw up on squat day. In fact, I would go as far as to say that throughout my bodybuilding career I usually puked up at least 90% of the time after doing squats!

"After squats I moved onto leg presses for three sets, but I didn't need any warm-up sets, because of those high intensity squats. Finally, I moved onto leg extensions using the entire stack. In fact this usually happened with all selectorized pieces of gym equipment. I never found a stack that I couldn't use all the plates on, and invariably I added extra 45 pound plates to the machine. On my last set of leg extensions I usually always did 'drop sets' so that I could really 'fry' those quad muscles.

"For hamstrings I did either lying or seated leg curls, and because I had pulled my hamstring muscles so many times when I was in High school, I always made certain to warm them up properly. So it was two warm-up sets, followed by three intense sets. Most people do this exercise incorrectly. They arch their back and rotate their hips so that the lower back and not the hamstrings do all the work. I always made certain that my pelvis stayed in one position, so that my hamstrings were activated just like a biceps curl."

ARMS

"The final workout was arms, and



the bodybuilder who inspired me the most was Kevin Levrone. Kevin in my opinion, was one chromo—some short of God! How he didn't win the 'Olympia even once, I'll never know. Instead of doing straight biceps exercises followed by triceps ones, I did one biceps movement for 3-4 sets followed by a triceps exercise for the same sets and reps, and so on. I started out with two arm cable curls using the base pulley to warm up my elbow joints, and I would work up in weight until I was using the entire stack and sometimes more. I got into this particular movement after seeing Kevin Levrone doing it on a training video. I simply did everything he did. After pulley curls, I did 3-4 sets of leaning forward triceps press downs with a short bar working up to absolute maximum weight. My next biceps exercise was dumbbell alternate Hammer curls because I really understood the importance of developing the brachialis muscle. You see, I've never been a fan of 'peaky' looking arms. I much preferred thickly developed biceps and triceps that were bursting with muscle, and once again Kevin Levrone led the way in my opinion. I did three sets of alternate Hammer curls working up to 65-75 pound dumbbells.

"I then did 3 or 4 sets of close grip bench presses for my triceps, and the funny thing was I could close grip more weight than I could regular bench. That's probably because my shoulders and triceps were really very strong. I always did three sets working up in weight each set, and back in 1995 I usually worked up to 225 pounds on my last set, but by 2006 I was reping out with 365 on my final set!

"I went back to my biceps one last time and finished with one of my all time favourites. Cambered bar 21s curls. You did 7 reps low, which meant you only raised the bar to your waist. Then immediately you did 7 reps high, raising the bar from your waist to chin and back again, followed immediately by 7 full reps. 21s were simply an incredibly effective way to work your biceps, but you had to use a lighter weight than you normally would, because the biceps pump and burn was nothing short of mind blowing!

"Finally, I went back to my

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triceps and did one-armed pulley triceps press downs, which I always looked forward to doing. This an easy but very effective triceps exercise, but it's unbeatable for building the outer head of the muscle. Hold one handle with a curl type grip and slowly push it down to the lockout position. Contract the triceps for a second or two, and then let the weight slowly return to the starting position. Alternate non- stop like this until you have done at least three sets. Don't be afraid to use forced reps when you cannot do another strict repetition. Simply hold onto the pulley with the other hand and help yourself complete another 3 or 4 forced reps."

THE BODYBUILDER'S DIET

"When I lived in Venice, all the bodybuilders would go out to eat together and the amount of food they ate was simply unbelievable. Especially at the Fire House which was just around the corner to Gold's Gym. This was really hard for me because I just

couldn't eat these huge amounts of food. A typical breakfast, as you well know, was chicken breasts, scrambled egg whites, and pancakes. I simply never had the appetite that these guys had. I also found out something very important. I learned that stuffing your yourself with food in an attempt to grow bigger is pretty stupid because your body doesn't work like that. I eventually found out what worked best for me, and stuck with it. I ate every two hours on the dot, no matter where I was, but I ate much smaller amounts of food than the other guys did, and as a result I never got really heavy

during the off season. In fact, I stayed in pretty good shape and always had abs year round.

"The first meal of the day for me was usually a protein shake mixed with a carb drink so that I was consuming around 60 grams of protein and 60 grams of carbohydrates. I was probably drinking around three of these protein shakes a day, especially after a workout, because I didn't want to get sick when I was training really hard on hot days in the gym. I never did very well training early in the morning, either. I preferred training early in the afternoon when the gym was fairly quiet.

SQUAT DAY WAS ALWAYS A DAY OF PRIDE BECAUSE THERE WAS NOBODY ELSE IN THE GYM WHO COULD SQUAT WITH AS MUCH WEIGHT AS I COULD.

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"I went back to my biceps one more time and finished with one of my all-time favourites—cambered bar 21's curls."



Before training, I ate 60-70 grams of protein from either chicken, turkey or fish with rice because I did eat a lot of rice back then. I left my baked potatoes until I got back home in the evening, because they didn't taste very good after they had been packed in the cooler all day, even though I could sometimes warm them up in a microwave. I would nearly always have a nice piece of steak at night, with broccoli or green beans. Basically, it was 50-70 grams of protein and carbs every two hours. Before bed, I would eat 14-16 egg whites all scrambled up, which was a real treat back then!

SUPPLEMENTS

"My use of supplements became pretty consistent throughout my entire career. Creatine and Glu-

tamine mainly, because they were my absolute all time favourites. I did try other stuff that became available during the years when the supplement business kept bringing out different kinds of products. On the whole though, I would just like to say that I believe that Glutamine is the most important supplement-ever! In my later years in the sport it got to the point where I was putting 10 scoops of Glutamine in my water while I was training! Glutamine just made me feel better, even cognitively. I became a huge user and true believer of this amazing amino acid.

"Today, I take plenty of Omega fatty acids, flaxseed oil, and fish oil because I believe that your cholesterol and hormone levels are very important, especially when

you get older. I take four capsules three times a day as well as a multi-vitamin and Vit-E. I also go through phases where I'll take lots of Glutamine and Creatine, then I stop for a while.

EATING & TRAINING TODAY

"I still follow what you might say is a bodybuilder's diet except on weekends, when I am the biggest cheesecake eater you ever saw. However, I really do believe that it's better to continue eating as healthy as you can even though you don't compete. I also feel better, except that I don't eat anywhere near as much that I used to. Usually, it's about 30 grams of protein every three hours. I keep a small fridge in the office and pack my meals just



like I did all those years ago.

"As far as training is concerned, I train with weights twice a week doing nice little pumps here and there. Once in a while, I do a few sets of leg extensions and leg curls, but I don't train my legs anymore. After all these years, I still have trouble finding pants that fit. I currently weigh 225 pounds at 5' 11." On the other days of the week I do Jiu-Jitsu because that's my passion now and I still take part in tournaments."

Chris Cook, in my opinion, was a world-class bodybuilder who came so very close to becoming one of the greatest bodybuilders of all time. He was more than just a great bodybuilder, he was also one of the most sincere

and honest persons I ever met. When he blasted everyone off the stage at the 2004 NPC Nationals, it looked as though bodybuilding was ready to change direction. Unfortunately, that never happened, and we will never know what the outcome might have been.

While the sport of bodybuilding didn't change, Chris Cook certainly did. He found a new career and life, which he was, and still is, very good at. Chris Cook still works for Guggenheim, and says he is doing better financially than he ever has. So, it is Chris who is laughing all the way to the bank!

While I'm pretty certain that there have been many times during the last 10 years when Chris Cook has asked himself. "What if?" "What if I had stayed a professional bodybuilder? Would I have won the Mr. Olympia?"

In the end; however, I'm pretty damn certain that when he looks at his wife Denise, (they have been married 13 years) and three girls, Rocki (7 years old), Bentley (3), Royal (2), and his son, Steel (6), he says to himself that he is glad he did what he did.

Chris also has a new supplement drink out called UNIQUE, and here is what he told me about it: "I got into the business of energy drinks because I got tired of the side effects I experienced when I drank the usual ones. I decided to put all those years of nutritional experience to work and see if I could make a better one. Two years later, I came up with Unique Energy.

"Essentially, the product is a complete remake of energy drinks. All commercial energy drinks are made with the same ingredients: Gaurana, Tourine, Niacin, Yohimbe, and Ginseng. When those ingredient are combined with caffeine, it creates a physical over-stimulant or overdose effect. This is the cause of all of the problems you read about in the papers. Unique Energy is not made with any of those ingredients. We utilise an amazing ingredient called Rishi mushroom. You can read about this yourself, but Rishi mushroom creates a cognitive stimulant that works very well when mixed with caffeine. What the product does is stimulate you mentally by giving

CAREER

1996

- NPC Mr Anchorage, 1st and overall.

1997

- NPC Mr Alaska, Heavyweight, 4th.
- NPC Emeralds Cup, Junior, 2nd.

1999

- NPC Mr Alaska, Heavyweight, 1st.
- NPC Emeralds Cup, Heavyweight, 2nd.

2000

- NPC Sacramento, Heavyweight, 1st.
- NPC Nationals, Heavyweight, did not place.

2002

- California Championships, Super-heavyweight, 3rd.

2003

- NPC USA Championships, Super-heavyweight, 3rd.

2004

- NPC Nationals, Super-heavyweight, 1st and overall.
- USA Championships, Super-heavyweight, 1st.

2005

- New York Pro Championships, 6th.
- Toronto Pro Invitational, 10th.

2006

- Arnold Classic, 15th.
- Ironman Pro Invitational, 10th.
- San Francisco Pro Invitational, 12th.

you a physical overdose effect. This results in a much safer product and much better stimulant. Additionally, I spent a profound amount of time and money on the flavour. I have a proprietary fruits blend flavour that tastes absolutely amazing.

"We are growing very quickly since our launch 5 months ago. In fact, we are out-selling Red Bull, Monster, and Rock Star in many locations. It appears to be a major success!"

You can contact Chris Cook on Facebook.

You can find out more about **UNIQUE ENERGY** by visiting their website, uniqueenergy.com



PAGE

60

Swiss mass monster Jean Pierre Fux's old-school back routine.

1ST SET

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Conditioning has always been a strong point for Anth.

THE FREAK



I have been training for five years and want to compete, but I am not sure how to start pre-contest dieting and can't afford a coach. There is so much conflicting information online—can you help?

THE INTERNET seems to confuse more than educate when it comes to bodybuilding.

There are many variables, including age, job, activity level, body type, body fat level and calorie intake, but the simplest method for a dietary starting point is as follows:

FOR EVERY POUND OF YOUR BODYWEIGHT, CONSUME:

PROTEIN 1.5 g
CARBOHYDRATE 2 g
FAT 0.25 g

So, for instance, a 200-pound male would have 300 g of protein, 400 g of carbs and 50 g of fats each day. Some bodybuilders have high fat intake these days, but I'm old-school and prefer low fat. You do need fat for certain bodily functions, but pre-contest, I only have a small amount. Try my formula for two weeks. Don't do any cardio or have any cheat meals. You need to see what diet alone does to your body.

Aim to lose about 2 lbs a week. Losing fat slowly helps you hold on to muscle. Lose more than 2 lbs a week and you risk sacrificing muscle, although in the first week of dieting it's normal to lose more. It's usually just water. If you don't lose any fat after two weeks reduce carbs by 30-50

g a day. If you lose too much weight, increase carbohydrate intake by 30-50 g a day. Always make small changes.

The next step is to add some cardio. Start with 30 minutes per day and when fat loss stalls, which it will at some point, reduce carbs slightly and increase cardio, but again only slightly. Decrease carbs by 30-50 g per day and increase cardio by 10 minutes per session.

Once you reach 60 minutes of cardio, do any additional cardio in a separate session. Some need lots of cardio; some don't.

GOOD PRE-CONTEST DIET FOODS:

PROTEIN chicken, turkey, white fish, salmon, lean red meat, tuna, eggs, and protein powder

CARBOHYDRATES oatmeal, grits, potatoes (white and sweet, rice (brown and white), quinoa and couscous. Green vegetables are mostly fibre and are classed as free carbs. They provide minerals and vitamins and fill you up - eat them regularly. Also have a little fruit for vitamins and antioxidants. I prefer blueberries and raspberries.

FATS under my low fat approach, I get most of my fats from meat but I also like to include small amounts of virgin coconut oil and nuts.

I hope this gives you some basic information to work with. Good luck with your contest.

CONTEST DIETING RULES

1 KEEP IT SIMPLE AND MAKE SMALL CHANGES

Avoid internet information overload and don't start reducing calories too much, too quickly or doing loads of cardio from the outset. Slow and steady wins the race.

2 GIVE YOURSELF ENOUGH TIME

I always start 20 weeks out, which allows enough time to make small changes instead of starting 10 weeks out and having to rush.

3 BE CONSISTENT

Contest dieting has to

be done every day. Do not miss a meal or a cardio session.

4 VARY FOOD

You can soon tire of eating chicken and broccoli every day, which increases the temptation to cheat. Eating the same foods

can also cause intolerances, which happened to me in 2012 when I basically ate turkey, white rice, oats and protein powder for almost a year.

5 CHEAT SPARINGLY

Do not add cheat meals or high carb days until

you start getting lean. They do serve a purpose: they offer a mental break and boost the metabolism and certain fat loss hormones but many add them too early. I don't have a high carb day until I have been dieting for 6-7 weeks.



THE YEAR IN FLEX

THE FLEX LEWIS CLASSIC, A NEW
RECORD, AND A HOMECOMING PARTY

Q Will there be a 2016 Flex Lewis Classic?

Yes! And if all goes as planned, this June we'll be moving to the Opryland Hotel, in Nashville, Tennessee. This year we had close to 200 competitors, with Victor Martinez, Ashley Kaltwasser, and Amanda Latona as guest posers. Amanda Slinker (women's physique), Abonee Parker (figure), Sergi Constance (men's physique), Steven Wain (bodybuilding), and Kelsey Bellich (bikini) took the top prizes.

Q Where do you get your T-shirts?

The same place everyone can—my online store at flexlewis.net! A lot of the T-shirts I wear, such as the Flextraordinary shirt or this summer's popular Aff4mation shirt, can be purchased there, along with loads of other gear.

Lewis' contest win streak, dating back to his first Olympia 212 Showdown triumph in 2012.

U.K. VICTORY TOUR

■ Lewis' end-of-the-year, post-Olympia agenda included his first U.K. tour, sponsored by the 212 champ's @xtreme_camps (and aptly titled First U.K. Tour), a journey that encompassed five days travelling the Land of Hope and Glory. He kicked off the tour unofficially with a meet-and-greet/autograph signing session at Trojan Fitness in Bristol. At the start of the tour, Lewis wrote, "I cannot wait! We are covering as much of the country as we can in the short days we're there... This is gonna be epic!"



ASK FLEX

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12



BIG RAMY

Q You're always wearing a hat! Do you have a favourite?
My Nike hat.

Q What is your favourite app on your cell phone?
I'm always on Instagram [@big_ramy] and YouTube.

Q Favourite cheat meal?
Breads and pastries.



DANY GARCIA

Q What has bodybuilding done for your life?
Bodybuilding has been an anchor. Life lessons from bodybuilding translate to my work—sparkly bikinis, looking for your flaws, knowing you need to address those flaws and correct them.

Q Early inspirations?
As a 13-year-old, seeing Ms. Olympia on the cover of a magazine was such an inspiration.

JUAN MOREL



ASK THE ATHLETES
Have a question for our Weider Athletes? Ask it on the FLEX Facebook page for a chance to see it here.

Q Which bodybuilders do you admire?

From the past, Coleman, Levrone, Cormier, Wheeler, Dexter—from the past and the present for Dexter—and from the present, Shawn Rhoden, Phil, and Kai. And Cutler—I really admire Jay Cutler.

Q What do you like about living in Deer Park, New York?
I like that it's quiet and that I can come home, and people aren't hanging around on the street. It's a nice neighbourhood—very peaceful and safe. Plus, it's only about 10 minutes from Bev Francis' gym, where I work out.

Q Favourite app?
I probably spend the most time on Instagram [@juan dieselmor]. I'm doing social media all the time, and I watch a lot of movies on my phone, too.

Q Favourite cheat meal?
Burgers, chips, and maybe a bowl of cereal.



STEVE KUCLO

Q How do you combat anxiety before or during a contest?

Primarily by prayer. I'm strong in my faith—just leave it in God's hands. By that point, contest time, I've put in hard work, so it's time to show it off. I'm also focusing on myself and the changes I've made and the best way to present that on the stage.

CODY MONTGOMERY

Q What music is on your gym playlist?

I usually listen to rap and heavy metal. These two types of music hit the spot no matter what type of mood I'm feeling walking in the gym. The playlist I've been tuning to in the past few weeks includes Kevin Gates, Meek Mill, Future, Korn, Killswitch Engage, and other stuff on shuffle.

Q When do you plan on competing in your first pro show?

I have a couple of shows in mind, but I will have to see how the cards play out over the coming months before anything is set in stone.



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**NEW HD
FORMULA**



JEAN PIERRE FUX

NEARLY 20 YEARS AGO, A MASS MONSTER FROM SWITZERLAND STARTLED THE BODYBUILDING WORLD

■ Here be monsters. From distant lands they come, and when they appear on bodybuilding stages they stun and awe fans and judges. Nearly 20 years ago, the mysterious mass monster was Jean Pierre Fux (pronounced FOOKS), Switzerland's greatest muscleman. The pro bodybuilding ranks were overloaded with legends when 27-year-old Fux debuted in 1996, but it was impossible to miss the 180-cm, 123-kg phenom. Over nine pro contests that year, he climbed through the ranks to place eighth in his Olympia debut and second in a show after that.

Fux was celebrated for his overall size, especially his back and shoulder width. He may have been the only man in the mid-1990s who could've hung with Dorian Yates in a rear-lat spread, but cloudy conditioning and a bloated middle kept him from such a comparison. He was seventh in the 1997 Olympia and fourth in the 1998 Arnold Classic, but in 1999, when still just 30, he was no longer a factor in contests. Quad tears suffered in 2002 hastened his retirement. He impacted pro shows for only three years, but Fux provided further reason to believe in monsters.

"I'm a high-intensity trainer. Every working set is to failure. When I say I do 10 to 12 reps, I mean I can't do a 13th."

"WITH PULLEY ROWS, PULL INTO YOUR BELLY BUTTON. DON'T PULL UP. PULL YOUR ELBOWS BACK AS FAR AS POSSIBLE."

"My workout progresses toward the more demanding basic exercises. This builds intensity and keeps me engaged until the last rep."

281

kilos **squatted at age 20** in a raw powerlifting contest. He also bench-pressed 205.



FUX'S BACK ROUTINE

| EXERCISE | WARMUPS | SETS | REPS |
|----------------------|---------|------|-------|
| Wide-grip Pulldown | 2 | 2 | 10-12 |
| Low-pulley Row | 1 | 2 | 10-12 |
| One-arm Dumbbell Row | 1 | 1 | 10-12 |
| Barbell Row | | 1 | 10-12 |
| Deadlift | | 1 | 4-6 |



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1ST SET

THE BLOND BOMBER

BY DAVE DRAPER

NO EXCUSES

BODYBUILDING LEGEND DAVE DRAPER REVEALS SIX UNIVERSAL ANNOYANCES LIFTERS FACE—AND HOW TO OVERCOME THEM

■ Having spent considerable time in the gym in the pursuit of physical development, I've devised a random yet comprehensive list of problems I suspect might represent us all. Though I often use "you" to make a point, don't take it personally. Or, maybe, do.

1 Purpose, the lack thereof

You're lazy and unmotivated, without spirit or enthusiasm, and feel no excitement or desire. In the 1960s we said you were a bum on a bad trip. ~~Today, I say you are without purpose.~~ If your purpose were strong and well-defined, none of

the aforementioned negatives would materialise.

2 Discipline, the callous taskmaster

He insists, persists, and perseveres; he's disciplined. She refuses to give up, makes no excuses, and endures the pain;

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she's disciplined. ~~Love your discipline like a brother or sister, father or mother, spouse or best friend.~~ Without discipline, you're out of control.

3 Time, the imaginary gatekeeper

Get out your little black book. Somewhere under "urgent appointments" write: Work out at the gym for the purpose of good health and muscle and long life; ~~engage discipline and perseverance to perform the heroic physical act.~~ Good! Done! Do not dillydally!

4 Gym facility, inadequate and inconvenient

Give me a clean gym with meaty equipment, sufficient space, enough people, no jerks, ~~some jolt-free sounds, and plenty of air.~~ Around the corner with a personal parking space out front would be nice, but I'll go cross-town or walk if I have to. Anything worthwhile is worth working for.

5 Training knowledge and methodology

How do you design the workout scheme suited for your metabolism and genetic makeup and evolving lifestyle? You read the mags, reference the books, ask online, and guess a little. Beware! ~~That might be mythology, not methodology.~~ Think less; it thwarts focus. Work hard, apply common sense, but don't take night courses in building muscles and power, biochemistry, or nutrition. Eat a lot of

protein and get plenty of sleep instead.

6 Eating right or menu, diet, and nutrition

You know what to do—you just don't want to do it. High protein, medium low-glycemic carbs, and medium essential fatty acids. No bad, greasy fat. Lots of fruits, vegetables, and water. Smaller meals throughout the day. Be consistent.

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LIFT

**TRAINING TIPS TO
POWER UP YOUR
WORKOUTS**

PAGE

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On Trial: Bilateral Training

CHARLES LOWTHIAN

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OUTER PECS

BROADEN YOUR CHEST WITH THIS ROUTINE

■ The chest is not one of those body parts that your average body-building enthusiast tends to neglect. Nevertheless, there are misconceptions about how best to train it. ~~The outer pecs are an important aspect of a well-developed chest.~~ The key to stressing the outer pec is the angle of attack. The outer pec brings the arms from up and back, to forward and down. The most efficient exercise for hitting the outer pecs is to do dips with elbows out.

WHEN TO GO OUT

Dips are a big compound movement and ~~should be done early in the workout.~~ Think of them as squats for the upper body.

ALTERNATIVE EXERCISES

Decline bench, cable flye, decline press

FORM AND FUNCTION

■ The pectoralis muscle group consists of the pectoralis major, including the clavicular and sternal portions, and the pectoralis minor. The origin of the pec major is along the lower ribs, the sternum, and at the clavical. The insertion is at the humerus. The origin of the pec minor is at the third, fourth, and fifth ribs and the insertion is at the upper part of the scapula. The pectoralis performs shoulder adduction, with the outer pecs adducting the arms low and in front of the body.

THE PEC-TACULAR WORKOUT

| EXERCISE | SETS | REPS |
|--|------|-------|
| Dip (leaning forward, elbows out from the sides) | 5 | 10-15 |
| Incline press | 3 | 10-15 |
| Cable flye (finish with hands below chest level) | 3 | 15-20 |

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KEEP IT TOGETHER

WHY YOU SHOULD COMBINE STRENGTH AND POWER TRAINING

HYPOTHESIS

■ A study done at the University of Athens explored the effects of doing strength and power training on alternate days (compound) to combining them in a single workout (complex).

RESEARCH

■ Eighteen young men completed compound workouts or complex workouts three times per week for six weeks.

FINDINGS

■ Power performance increased only with compound training. Strength increased after both compound and complex training. Muscle fibre cross-sectional areas increased significantly only after complex training, suggesting greater muscle hypertrophy.

CONCLUSION

■ If power is a priority, use compound training. If strength (and size) is the primary goal, use complex training.

APPLICATION

■ To improve power, do heavy bench presses on Monday and plyometric pushups on Thursday, for example. For strength and size, begin with benches and follow that with plyometric pushups.

BY BRIAN SHAW, THREE-TIME WORLD'S STRONGEST MAN

ONLY THE STRONG

GET IN
THE ZONE
BEFORE
YOU GET
UNDER
THE BAR.

JASON BREEZE/COURTESY OF MHP

GET MENTAL

PREPARE PROPERLY TO GET THE MOST OUT OF YOUR GYM TIME

■ To fully prepare myself for getting in to the zone each lifting session, I spend time every morning thinking about what I'm going to be doing in the gym that evening when I train. This involves cataloguing each set and rep, planning weight loads, thinking about rest periods, and so forth.

Another aspect of being prepared for a workout has to do with setting goals. Come up with one or two things you want to achieve on a weekly basis or even

set small goals for each workout. Along with the short-term goals, ~~you need to set a couple of longer-term goals, for, say, three to six months or more.~~

Be sure to track your progress. There are several fitness apps you can use, but I tend to rely on my iPad to take notes or else the old-school method of using a pen and pad. However, if you're going to use an app, don't allow your phone to become a distraction.

The last piece to the puzzle is

supplementation. It's important to supply your body with the right nutrients to help fuel your workouts. My pre-workout of choice is MHP's Fit Trainer. I also take BCAAs during my workout, as this is very important for muscular energy. MHP's BCAA 10X tastes amazing and works great.



Brian Shaw is a three-time World's Strongest Man champion and member of Team MHP. For more information on Brian or his favorite MHP supplements, visit mhpstrong.com

A FORCE OF ONE?

ARE YOU REALLY STRONGER USING ONE ARM OR LEG AT A TIME?

OPENING ARGUMENTS

Defence

Bilateral training (that is, lifting with both arms or legs simultaneously) is superior because it allows you to generate greater absolute force.

Prosecution

The amount of combined weight you can lift using one arm (or leg) at a time is greater than the weight you can lift using both arms together.

EVIDENCE

■ A study showed that untrained subjects generated more force contracting one side at a time compared with contracting both sides simultaneously (bilateral force deficit). So the weight you can lift with your right and left sides independently adds up to more than what you can lift with both arms together.

■ It was later discovered that training history has a significant influence on the degree of bilateral force deficit. In fact, it was found that in experienced weightlifters this deficit was not only reduced, it was also reversed. "Bilateral force facilitation" was observed in experienced weightlifters, whereby they were able to lift more weight using both limbs simultaneously.

VERDICT

BILATERAL TRAINING

Bilateral training allows greater force development in the muscle and thus a greater training stimulus.

SENTENCING

■ For maximum muscle force development use bilateral training. When maximum force is not a priority, unilateral exercises can work well to correct asymmetry.



JASON BREEZE



PAVEL YTHJALL, PER BERNAL

WINNING WAYS

HOW PHIL HEATH AND JEREMY BUENDIA IMPROVED THEIR PHYSIQUES TO TAKE HOME THE CROWN JEWELS IN 2015

TURN UP THE HEATH

BIG WHEELS

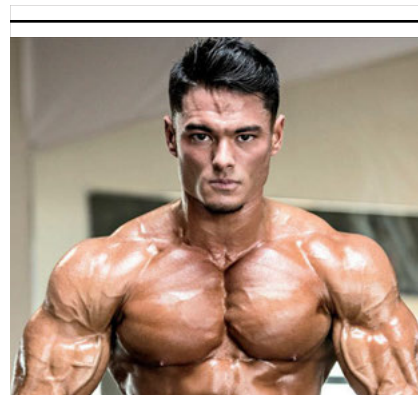
Normally, in the two weeks leading up to a show, Phil would use two to three plates on each side when he did hack squats. This time, until he was one week out, he used four to five plates on each side. **The result was a more dramatic quadriceps sweep on his quarter-turns.**

NEW CURRICULUM

Certain exercises were tweaked to make them more effective. For example, on lying leg curls he pointed his toes down (we call it "like a ballerina"), because this works the lower hamstring, close to the back of the knee. His hamstrings were more arched from his glutes to the back of the knee.

STRONG FINISH

Phil went heavier than usual with the FST-7 sets. In the past, he would begin to lose strength about two weeks out. This time, he was doing incline hammer strength presses with four to five plates on each side four days before the show.



JEREMY GROWS

■ Jeremy went from 77 kg at the 2014 Olympia to 79 kg in 2015, all while coming in more conditioned.

FST SUPER 7

We incorporated FST Super 7 super-sets done with 45 seconds' rest, which increased intensity fourfold. FST Super 7 is a variation of my standard FST (fascia stretch training), a protocol that calls for the use of medium or heavy weight for seven intense sets and 30 to 45 seconds' rest between sets.

BOULDER SHOULDERS

We wanted to build up Jeremy's shoulder-to-waist ratio. To do that we went heavier with all pressing movements.

STRICT WITH SUPPS

In the past, Jeremy was lax about supps. This year he took BCAAs and glutamine prior to and intra-workout, and he drank a whey protein isolate and carb powder shake post-workout.



FOOD & SUPPS

**NUTRITION TIPS
TO FUEL TRAINING
AND GROWTH**

PAGE

74

Dude Food: Pepper Steak



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PEPPER STEAK WITH RICE

SERVES 2

INGREDIENTS

1 tbsp olive oil**225 g** lean beef (fillet or sirloin), cut into 2.5-cm-thick strips**100 g** green peppers, sliced**100 g** red peppers, sliced**100 g** yellow peppers, sliced**½** small white onion, sliced**1** pinch oregano

Sea salt and black pepper, to taste

200 g white rice, cooked

DIRECTIONS

■ Heat oil in a sauté pan over medium heat. Add beef and cook until it's about halfway done, stirring often. Add peppers, onion, and seasonings. Cook until vegetables have softened. Serve over white rice.

Protein
74g

Calories
1,049

Carbs
71g

Fat
48g

ABOUT THE CHEF

■ A three-time bodybuilding champ, Carlo Filippone is the CEO of Elite Lifestyle Cuisine. elitelifestylecuisine.com



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THE RIGHT START

HIGH-PROTEIN BREAKFASTS HELP
REDUCE OBESITY



**STARTING
THE DAY WITH A
HIGH-PROTEIN
BREAKFAST CAN
HELP YOU REDUCE
BODY FAT.**

■ The conclusions of this important study published in the *International Journal of Obesity* (July 2015) will not shock any bodybuilders: Overweight teenagers who consume a high-protein breakfast were better able to reduce body fat than those who skipped breakfast or consumed a lower protein breakfast. Of course, the takeaway message for bodybuilders is twofold:

- 1 Eat a meal shortly after rising.**
- 2 Make sure it's high in protein.**

These are basic tenets of any bodybuilding plan, but now science is beginning to understand the benefits of the nutrition plans that bodybuilders have been following for years. As it turns out, these principles are healthy for average people and for many at-risk populations, too.

Here's more about the study: Subjects consisting of overweight teenagers were divided into three groups: Group 1 continued to skip breakfast; Group 2 ate a typical breakfast, moderate in protein (13 grams); Group 3 consumed a breakfast high in protein (35 grams). All followed this protocol for 12 weeks. All groups were closely monitored, including having glucose levels assessed throughout the day. The conclusions showed that ~~those who consumed a high-protein breakfast reduced their peak glucose response~~ (and thus release of insulin), as well as the length of the peak period as compared with those consuming a breakfast with lower levels of protein.

MAGNESIUM FORCE

A POWER-PACKED MINERAL FOR
YOUR BODYBUILDING NEEDS

■ This crucial mineral is found in many foods, yet few are plentiful in it. So it shouldn't be a surprise that many bodybuilders are deficient in this important micronutrient. Bodybuilders need significantly more magnesium than the average person because they lose it so readily while sweating during intense workouts and, of course, they also just need more based on their larger body weight.

Magnesium supports performance and heart health, and research shows that it can also increase muscular strength. In addition, it may help lower cortisol and boost testosterone. A bodybuilder should take in a supplemental dose of 450 milligrams every day, and you can take it in a multi, as a stand-alone, or with a compound product such as ZMA. The best way to supplement magnesium is on an empty stomach before bed, and particularly in the absence of calcium, which your body preferentially absorbs.

■ To boost magnesium through diet include the following foods:

BUCKWHEAT FLOUR
120 g, 301 milligrams Nutrient Dose

OAT BRAN
94 g, 230 milligrams Nutrient Dose

HALIBUT
½ fillet, 170 milligrams Nutrient Dose

TINNED SPINACH
214 g, 163 milligrams Nutrient Dose

Trail mix*
235mg
Nutrient Dose,
150 g

*With chocolate
chips, salted nuts,
and seeds

TAKE A DIP

WITH THIS NUTRITIOUS AND TASTY CONDIMENT

■ Hummus is a healthy way to add flavour to crudité, a fancy synonym for a vegetable platter. Making hummus at home takes a few minutes: Toss chickpeas (aka garbanzo beans), an oil of choice, and spices into a food processor and blend until it's smooth. That's it.

If you go with premade hummus—and let's face it, you probably will—check the label to ensure the ingredients meet your dietary needs or guidelines.

120 g of a typical premade hummus breaks down as follows: 218 calories, 6 grams protein, 25 grams carbs (with 5 grams fibre and almost no sugar), and 11 grams fat. This makes hummus a slow-digesting carb source that won't spike insulin much.

2.5g

carbs (with 5 grams fibre and almost no sugar). This makes hummus a slow-digesting carb source that won't spike insulin much.

DIE T SOS

LATE-NIGHT FEAST

■ The unwritten rule for bodybuilders is that you shouldn't consume carbs after dinner. But when you're not prepping for a competition, there's no reason to follow that strictly so long as you're consuming low-impact carbs, which are, essentially, carbohydrates that discourage the release of insulin.

Also, consider foods high in fibre and fats, and rich in amino acids. The combo of slow-digesting foods and protein will help you stave off catabolism. Here are two suggestions for your late-night menu:

Guacamole Steak Taco:

Use a small soft-shell corn taco (low in carbs and high in fibre) and load it up with steak, salsa, and guacamole.

Deli Roll:

Layer meat and cheese, then roll. Use fattier meats to boost dietary fats for a slower release of amino acids.

DON'T FEAR THE FRUIT

FRUIT ISN'T THE VILLAIN
YOU THOUGHT IT WAS

■ Bodybuilders have learned that fructose is not well metabolized by their bodies, and has to be processed by the liver. This leads to greater insulin release and body-fat storage. Over time excess consumption of fructose is strongly linked to obesity, type-2 diabetes, heart disease, and cancer.

Because fruit is the source of fructose, many bodybuilders cut their consumption of fruit, particularly later in the day. However, a **single serving of fruit doesn't contain much fructose.** For instance, one whole orange contains 14 grams of carbs with 3 grams of fibre, while 8 ounces of orange juice contains 25 grams of carbs with almost no fibre.

Fruit is a great food for bodybuilders because the fibre content helps reduce fructose's impact on insulin release. In fact, you can even consume whole fruit before bed with a slow-digesting protein source such as casein or whole-food sources.



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UNDER THE MICROSCOPE

TAKING A PURELY SCIENTIFIC LOOK AT THE BEST PRODUCTS IN THE WORLD OF SPORTS SUPPLEMENTS



CELLUCOR CN3™

CN3™ is a powdered creatine nitrate product designed to be taken before training. While it only contains two ingredients (creatine and nitrate), both are powerful performance enhancers. In a university study, Creatine Nitrate was shown to be more effective at building lean muscle mass vs. a placebo. CN3 is ideal for men and women who want to improve their strength, muscular endurance, and lean muscle gains.

CREATINE! The one word that strikes fear into weak, puny, fatigue-prone muscles. Use it consistently for at least 30 days as part of a regular resistance training program and you will undoubtedly marvel at your newfound strength and muscle mass. This is the one time when what sounds “too good to be true” isn’t.

Creatine has been the subject of hundreds of research studies in humans since 1992. In general, men and women who ingest 3–5 grams of creatine per day for 6–8 weeks gain an average of 2.8–3.2 kg of lean mass. Despite popular rumors of “water retention”, these gains in lean mass have been shown to be the result of four main factors: 1) increases in muscle fiber protein content, an effect which results in a doubling of muscle fiber size compared to resistance training without creatine supplementation; 2) increases in several myogenic regulatory factors (i.e. proteins that activate gene expression in muscle); 3) increases the number of “satellite cells” (i.e. immature or baby muscle fibers that can eventually mature into muscle cells); and 4) increases in intramuscular IGF-1 content (a potent growth factor in muscle). In terms of improving physical performance and power output, creatine supplementation that results in an increase in intramuscular creatine stores of 15–40% has been shown to enhance the energy capacity and production from the phosphagen energy system (which includes adenosine triphosphate [ATP] and phosphocreatine [PCr]). In addition, creatine supplementation is also thought to buffer changes in intramuscular pH due to hydrogen ion accumulation (translation = less fatigue during intense muscle contractions).

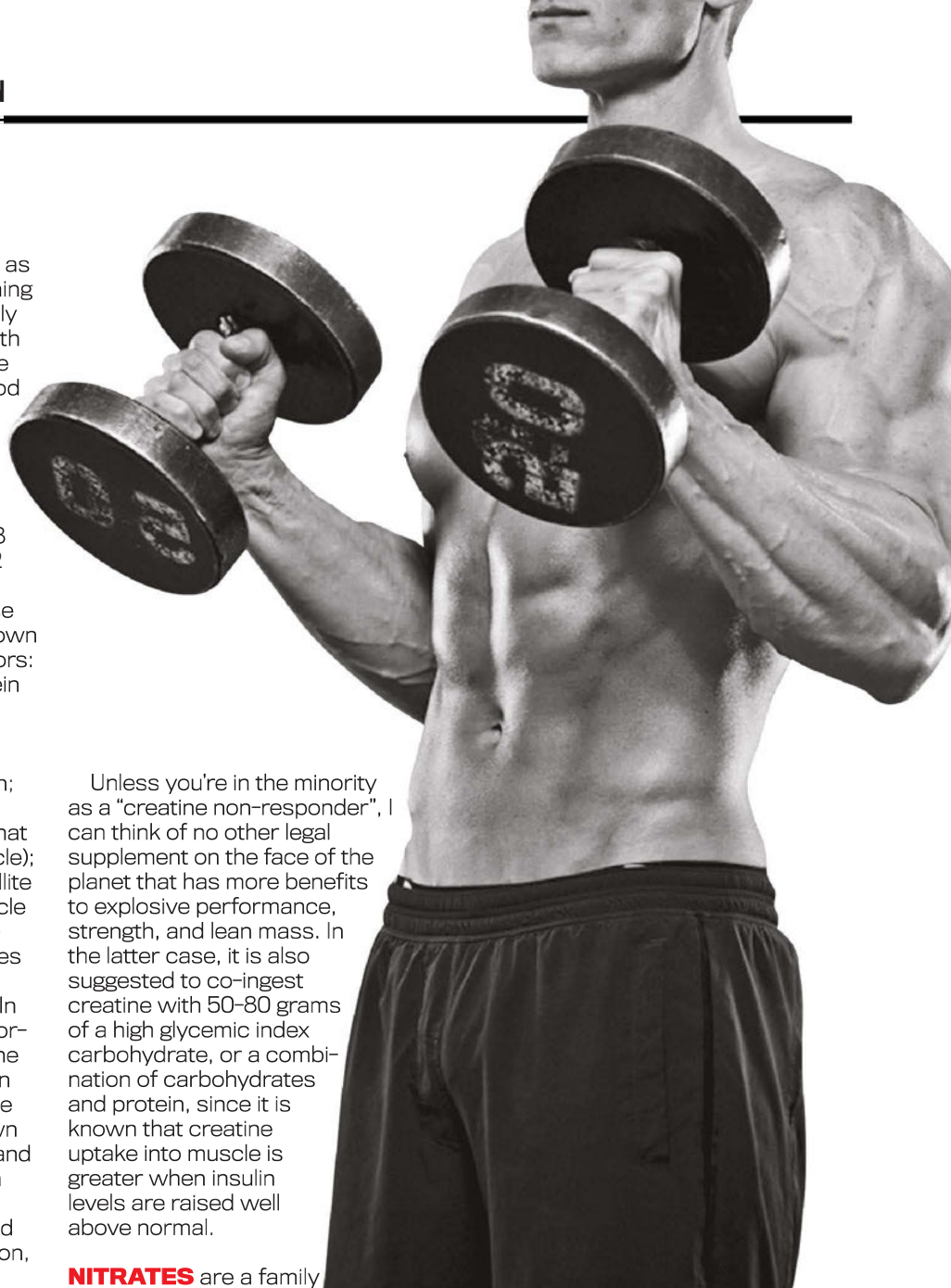
In addition to the above benefits, scores of research studies have also dispelled many unsubstantiated myths of responsible creatine use, including: muscle cramps, muscle strains, dehydration, liver and/or kidney stress, etc. The fact is, NO study to date using a placebo-controlled double blind design (considered to be the gold stand in clinical research) has found an increased incidence of these side effects in subjects consuming creatine. Media reports that claim otherwise usually involve case studies from uninformed athletic trainers, coaches and physicians.

Unless you’re in the minority as a “creatine non-responder”, I can think of no other legal supplement on the face of the planet that has more benefits to explosive performance, strength, and lean mass. In the latter case, it is also suggested to co-ingest creatine with 50–80 grams of a high glycemic index carbohydrate, or a combination of carbohydrates and protein, since it is known that creatine uptake into muscle is greater when insulin levels are raised well above normal.

NITRATES are a family of compounds containing nitrogen and oxygen (i.e. NO₃-) that are found primarily in leafy green vegetables. Once thought to be a toxic substance, nitrates are now known to be produced within our bodies to help regulate blood pressure, skeletal muscle contractility, platelet aggregation, mitochondrial respiration, and immune function. Interest in nitrates by athletes (including body builders) stems from research initially performed at the University of Exeter that used beetroot juice as a source of nitrates. Since then, several confirmatory studies at other laboratories have reported that acute (single dose) or chronic (3–15 days) supplementation with

approximately 300 mg of nitrates improves exercise efficiency (i.e. less oxygen is required to perform a given amount of work), exercise capacity, time to exhaustion, and sports performance. This is particularly true when nitrates are given 1–2 hours prior to intense exercise lasting 5–30 minutes. Higher doses have not been properly studied are therefore not recommended at this time.

Nitrates belong on the short list of effective, “new school” performance enhancers. No data that I have seen indicate that nitrates help build muscle, but at the right dose they can provide a powerful boost in the gym or on the track.



BUILD AND RECOVER

Build and Recover is a low fat, low sodium, high protein food (powder) consisting of four different protein sources: cross-flow microfiltered whey protein concentrate, milk protein, calcium caseinate, and soya protein. Each 72 gram serving of Build and Recover contains 1107 KJ (261 kcal) of energy and 20.8 grams of protein, while providing <2 grams of fat and 41 grams of carbohydrate (from 3 different sources). Build and Recover also provides 50% of the Recommended Intake for all vitamins and minerals, and was the subject of an extensive 18-month double-blind study at Herriot Watt in Edinburgh, where it helped increase stamina, strength, and aerobic performance. Rounding out the formula is the inclusion of hydroxy beta methylbutyrate (HMB) and Kre-Alkalyn.

WHEY PROTEIN CONCENTRATE (WPC) is a fast-acting protein that contains a high concentration of the branched chain amino acids (BCAA) leucine, isoleucine, and valine. BCAAs are revered by athletes for helping reduce muscle soreness and speeding muscle recovery from intense training. When WPC is cold micro-filtered and contains at least 80% protein by weight, it retains very important fractions from milk that other proteins (like whey protein isolate) sometimes leave out. These native fractions (e.g., alpha-lactalbumin, beta-lactoglobulin, lactoferrin, various immunoglobulins, glycomacropeptide, etc) have immune-enhancing properties and help regulate over 200 different genes within our body. One study that compared WPC to whey protein isolate reported greater improvements in peak power, work capacity and decreased body fat in the WPC group. Other studies have shown improved antioxidant

status in subjects ingesting WPC. This doesn't necessarily mean that whey protein isolate is inferior to WPC, but it certainly shows that a high quality WPC has very powerful recovery effects.

Scientists consider WPC a "fast protein" because it is digested rapidly and causes sharp increases in amino acid levels in blood. This is exactly what I recommend during the post-workout period, where a rapid delivery of amino acids to muscle can quickly reverse the catabolic effects of intense training. Many bodybuilders also use WPC first thing in the morning to quickly reverse sleep-induced muscle protein breakdown.

DEXTROSE, also known as d-glucose, is a monosaccharide (simple sugar). It is one of the primary sources of energy in the body, and is used both in aerobic metabolism as well as anaerobic metabolism. In other words, whether you are a triathlete or a weight lifter your

body still uses d-glucose to fuel the production of cellular energy. Unlike fats and proteins, glucose is unique because it can be broken down aerobically (with oxygen), as well as anaerobically (without oxygen) to produce energy in the form of ATP (adenosine triphosphate). In addition, glucose molecules can be linked together to form glycogen, the storage form of carbohydrate in the liver and muscles. Liver glycogen is used to help regulate blood sugar levels while muscle glycogen is the primary fuel source during intense exercise. Many endurance athletes, some multiple-sprint sport athletes, and even pre-contest body builders will use a process called "glycogen loading" to store more carbohydrate in their muscles prior to competition. For the athletes, it provides a boost in performance during the latter stages of match, while for the body builder it provides an accentuation of muscle size and definition. Although it is not technically an "essential nutrient", the body needs dextrose (sugar) for optimal performance. Try to train or compete without it and expect crappy results.

GLUTAMINE is a "conditionally essential" amino acid that makes up about 50% of the total amino acid pools in our body. It plays critical roles as a fuel for intestinal and immune cells, is a precursor to the powerful antioxidant molecule glutathione, stimulates the production of citrulline (which has anti-fatigue and nitric oxide producing properties), regulates acid-base balance, acts as a carrier of nitrogen between various tissues, and is a precursor of many other important compounds within the body. This superstar amino acid has been the darling of the supplement industry for decades, and has leagues of devoted and convinced followers despite a clear lack of evidence supporting its anabolic or anti-catabolic effects in healthy humans. What is clear though, is that glutamine is extremely beneficial for gastrointestinal health, prevention of upper respiratory tract infections, and

in anyone who has a low dietary intake. In short, glutamine may or may not help your muscle building efforts, but it certainly won't hurt either. Moreover, there are many reasons to ingest supplemental glutamine, namely to promote cardiovascular/gastro-intestinal health, and to reduce muscle loss during any kind of muscle wasting, trauma, or infection.

HMB is a potent anti-catabolic metabolite of the amino acid leucine that is thought to play a central role in regulating muscle mass by inhibiting protein breakdown. HMB is available in two forms, calcium-HMB and HMB-free acid. While the latter form appears to be much more powerful, there are a few published studies that demonstrate the benefits of calcium-HMB supplementation on lean mass and the acquisition of strength. Scientists believe that HMB helps stabilize cell membranes and, based on recent evidence in rats, may increase the short-term energy capacity of muscle fibers by increasing ATP

and glycogen content. In order to reap these potential benefits, doses of HMB (the calcium salt form) need to be about 2-3 grams per day for approximately 8 weeks. Also, HMB works best when it is taken during intense periods of training. Wimps and those who skip workouts should not expect any noticeable changes in body composition or strength levels.

When taken at appropriate doses during periods of intense resistance training, HMB can magnify changes in lean mass and muscle growth. This is particularly true in previously untrained subjects and/or those who are losing muscle due to the normal aging process (where catabolic processes are accelerated).

SOY PROTEIN ISOLATE is a moderately fast digesting protein that is rich in the essential amino acids and arginine. Arginine is a favorite of many bodybuilders for its effects on nitric oxide pro-

duction (and enhanced muscle pumps). Soy protein is also rich in the phytonutrient genestein, which may also have nitric oxide boosting qualities, as well as several health-promoting isoflavones and saponins. Several studies have demonstrated the ability of soy protein to increase muscle protein growth, and although it is not as powerful in this regard as whey or milk protein, soy also contains beneficial antioxidants that may improve recovery from intense training. In addition, one study reported that soy protein increased growth hormone levels by 200%. Some bodybuilders and fitness gurus have claimed that soy protein might increase estrogen levels and/or decrease circulating testosterone levels. However, these claims have been largely debunked by recent research.

Although using high doses of soy protein in isolation is usually not recommended, small amounts added to bars and/or protein powders can actually improve lean mass and recovery from training.



BY GREG MERRITT PHOTOGRAPHS BY PER BERNAL

TAKE THE FIFTH

PHIL HEATH WINS SANDOW
NO. 5 AT THE 2015 MR. OLYMPIA

"DID THAT GUY WIN AGAIN?" HE ASKED. "YEAH," I ANSWERED. "FOR THE FIFTH TIME."

■ The man nodded and walked away with a ladder. He had work to do, breaking down the stage an hour after Phil Heath secured his fifth Sandow. When even the Las Vegas stagehands backstage recognize you as a multiple Mr. Olympia, you know you've settled in to a long reign atop the bodybuilding world. Ultimate Nutrition presents the 51st Mr. Olympia brought to you by Amazon Sports Nutrition, and what a compelling contest it was, because of who wasn't there, who was still there, for what could've been, for what changed, and, ultimately, for the most important thing of all—the thing that has stayed the same for so long that even those who don't know Phil Heath's name know he's the king.



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**PHIL HEATH
WITH HIS FIFTH,
AND NEWLY
MODERNISED,
SANDOW.**



Phil Heath

PRELIMINARIES

Let's first address who wasn't there. That would be Kai Greene, the runner-up the previous three years, the heir apparent who twice signed "Mr. Olympia" after his name on the contest's promotional posters, the top contender whose rivalry with Heath had heated until it almost erupted onstage last year. Presumably, Greene would've been in the Olympia top two again this year—if only he had entered. Though he received the contract in April, he never returned it. As September approached, he had to be removed from ads, posters, and programmes.

Still, promoter Robin Chang was optimistic bodybuilding's No. 2 would enter. "As a businessman, of course, I wanted Kai here. The decision was solely his, as it is for any and all athletes," Chang said. Heath put it succinctly, "In my eyes, he just didn't want to compete."

At the press conference, 31 hours before judging began, many competitors dodged questions regarding Greene's absence. Not Dexter Jackson. "I'm glad Kai is out," the Blade said with a laugh. "I'll take that money." An equally prophetic answer came to this

WHEREVER HE STOOD, HEATH WAS WINNING POSES, ESPECIALLY THE TWO REAR SHOTS.

query, directed at Heath: Who would win the Olympia if you weren't here? "Dexter," Heath replied, even though 45-year-old Jackson hadn't placed higher than third in the Mr. O since winning the title in 2008. "He's done it before, and he won the Arnold Classic this year."

COMPETITOR NO. 9

Four years ago when Dexter Jackson was fifth in the Arnold Classic and sixth in the Olympia, he seemed

MR. OLYMPIA



2 Dexter Jackson SECOND PLACE



COMPETITOR NO. 13

When it comes to contest weights in open pro shows, you almost always have to take the competitor's word for it. But unlike bodybuilders, the scales don't lie. After the athletes' meeting two days before the contest, fully dressed Mamdouh Elssbiay stepped on the scales (there to weigh in the 212 athletes), and a shocking number appeared: 143. In posing trunks and having dried out, the 178-cm Elssbiay likely got into the 138–141 range onstage. Some of that weight was somehow crammed onto his quads, which have grown so ginormous that his vastus lateralis hung far from each side like spare appendages. His calves had also improved, though

they remain a long way from being in balance with the rest of him.

There's just so much of him. His hang-glider rear-lat spread garnered one of the biggest cheers of the contest, and still Big Ramy wanted more, thumping his chest and scowling, encouraging the crowd between poses. If those in the audience who clapped tepidly felt like me and the judges, they wanted to see deeper separation. Phil Heath wasn't concerned when he heard 143, but if he'd heard 125 he may have lost sleep, for that could signify the largest man onstage was going high-def. As it was, Elssbiay was nowhere near HD. Heath had another perceptive observation: Whoever named Elssbiay "Big Ramy" did him no

on the verge of shrinking to irrelevance. His legs, especially, were taking on the middle-aged look of diminishing returns. But he rededicated himself under the tutelage of Charles Glass in Venice, California, and when he strolled to centre stage this year, he was 109—his highest-ever competitive weight. With his first (and best) pose, the front double bi, it was evident that he was bigger than he was in March when he won his record-setting fifth Arnold. His quads had never been fuller, even if his calves remain his greatest weakness. The Blade is no longer as finely cut as he was a decade ago. Nevertheless, he displayed corrugated glutes. In his record-setting 16th Olympia, bodybuilding's ironman was once again in contention for the ultimate title.



2015 IFBB MR. OLYMPIA

SEPT. 18-19, 2015,
ORLEANS ARENA,
LAS VEGAS, NEVADA



1 Phil Heath* \$400,000

2 Dexter Jackson* \$150,000

3 Shawn Rhoden* \$100,000

4 Dennis Wolf* \$55,000

5 Mamdouh Elssbiay* \$45,000

6 Branch Warren \$35,000

7 Roelly Winklaar \$25,000

8 William Bonac \$20,000

9 Victor Martinez \$19,000

10 Essa Obaid \$16,000

11 Juan Morel \$4,000

12 Maxx Charles \$4,000

13 Dallas McCarver \$4,000

14 Ronny Rockel \$4,000

15 Johnnie Jackson \$4,000

Did Not Place (\$2,000 each):
Mohamad Bannout, Brandon
Curry, Jonathan DeLaRosa,
Abdelaziz Jellali, Steve Kuclo,
Robert Piotrkowicz, Brad
Rowe, Fred Smalls

*Qualified for 2016 IFBB
Mr. Olympia.



**RHODEN PUSHED
HEATH HARD
ON FRIDAY BUT
EVENTUALLY
FINISHED THIRD
ON SATURDAY.**

favours. Ever-greater body weights may grow his cult status, but they won't earn him a Sandow. Conversely, if he can become worthy of "Big and Ripped Ramy," watch out above.

COMPETITOR NO. 20

Frankly, Dennis Wolf looked older than 36. The physique that was a sensation at the 2007 Mr. Olympia (a year before Heath's O debut)—lean, dense, glowing, and impossibly wide—has been replaced with grainy muscle, pitted skin, and abrupt angles. He's going the way of Branch Warren, which is to say he's still a phenomenal bodybuilder but of a different type. His lats and delts have re-treated, and, as a result, no longer do his rear double bi and most muscular poses induce audience gasps from their sheer breadth. Still, it's never a contest between a bodybuilder and his younger self. If this Olympia had ended with competitor No. 20, it would've been a close call between Wolf and Jackson.

COMPETITOR NO. 23

With Greene out of the lineup, the best bet was that Shawn Rhoden would move up from the third spot he



3
Shawn Rhoden
THIRD PLACE

occupied last year. (He and Wolf jostled for third in the previous three O's, with Rhoden taking it twice to Wolf's once.) Could he leap all the way to first? The jury was still out as he rolled through his mandatory poses, but it was evident he was less than his best. What were typically ice cube abs seemed to be melting, and his waist sometimes appeared bloated—a crucial deficiency for Flexatron, who depends on his fab abs and slender middle to accentuate his X-frame despite his less-than-wide shoulders. He had clearly been crisper in prior years, but, as with Wolf, we can't judge him against his past. This was a three-man race.

MR. OLYMPIA



4

**Dennis
Wolf**

**FOURTH
PLACE**

COMPETITOR NO. 24

Then a fourth man joined: the four-time and defending champ, Phil Heath. Previous Olympias were duels between him and Greene, so, with his rival gone, many expected the Gift to separate himself from the pack. Heath professed that he wanted to return to peak form after murky conditioning last year. But from his first pose, it was evident he was off. His legs were larger, as he and trainer Hany Rambod had prioritized this area to better fend off big wheelers Rhoden, Greene, and Elssbiay. However, his upper body, especially his



chest and back, was muddled. His normally "lights out" rear double bi, the most important pose in bodybuilding, lacked its 3-D, HD pop. The lights were left on.

FIRST CALLOUT

When head judge Steve Weinberger called six names, the last man beckoned to centre stage, Roelly Winklaar, pumped his fist with glee. He had previously professed his goal of cracking the top six, and this time he was rewarded for keeping his middle svelte and bringing out cuts. Even his deficient back had improved. His making the first callout in bodybuilding's Super Bowl was a career highlight.

From left to right, the members of the sextet were: Winklaar, Rhoden, Heath, Wolf, Jackson, and Elssbiay. (Before the final two poses, Rhoden and Wolf were switched.) Here

was further evidence that none of the top names brought their best.

If Rhoden were leaner, if Wolf were fuller, if Ramy had forgotten the scales, if the Blade were sharper, if the champ were truly on—so many ifs, and that's not even bringing

up the guy who wasn't there. All those ifs made for a disappointing lineup, but they also spawned a contest that was compelling because the top spots could shake out in virtually any order.

SECOND CALLOUT

This one went (left to right): Branch Warren, Winklaar, Elssbiay, Essa Obaid, William Bonac. Even at 40, War-



ren continues to come in consistently grainy and veiny, and his legs remain as spectacular as ever. The most interesting thing about this callout, in which everyone was presumed to be in the top 10, was the inclusion of Obaid (previous Olympia best: 14th) and Bonac (previous Olympia best: 15th). Both were justly rewarded for their high-def conditioning, though Obaid's lagging legs eventually dropped him below Victor Martinez. The gold-toothed Bonac has been a juggernaut since growing out of the 212 division in 2013. If he can cram even more muscle on his 170-cm frame, watch for him to climb still higher in future O's.

THIRD CALLOUT

Fred Smalls, Juan Morel, Maxx Charles, Victor Martinez, Dallas McCarver, and Ronny Rockel battled for the final top 10 spot. Morel, in his second O, made notable gains in '15 but needed more etchings for the top 10. Charles displayed fine details from the front, highlighted by his spaghetti pecs, but, like Morel, his upper half was better than his lower. And then there was Dallas McCarver, who won his pro debut in May. He brought the cuts, and I thought he deserved a higher place than 13th. But he's still only 24, with a superb structure to build upon. Squint and you can imagine him, three years hence, with that 183-cm frame filled out substantially, crunching poses with Heath in the 2018 Olympia's first callout—and still only 27.

MR. OLYMPIA



Mamdouh Elssbiay
FIFTH PLACE

SIXTH CALLOUT

The final melee on Day 1 was the quartet of Jackson, Wolf, Heath, and Rhoden. Head judge Steve Weinberger later told me it was a "very close four-man contest," and the movement of the scores from Friday to Saturday reflect this. With half of the judging complete, Jackson was in fourth.

FINALS

"Phil was pushed," Weinberger told me backstage after Heath won his fifth straight Sandow. "Yesterday he was pushed to the wall. Today he came back with



6

Branch Warren



7

Roelly Winklaar

ON SATURDAY, WARREN MADE UP A SEVEN-POINT DEFICIT TO SQUEAK BY WINKLAAR VIA A SINGLE DIGIT.

better conditioning. Honestly, if he would've come back today like he looked yesterday, he would've lost." The question is, who would've beaten him? The most likely suspect was Rhoden, but Rhoden was also off. Would he be the 14th Mr. Olympia now if he'd brought his best? Weinberger answered with a smile: "I've got to see him on for me to say that, but it would've been a lot different probably." If not Rhoden, then it would've likely been Jackson for the win. For that to happen, Heath would've needed to drop to at least third on Saturday.

That was certainly possible after his underwhelming Friday, but, as is his habit, Heath improved markedly on Day 2. While his posing routine progressed, it became obvious he would remain Mr. O. The pop had returned to his rear shots. By the way, his routine, which began with Phil Collins' "In the Air Tonight" and ended with Aloe Blacc's "I'm the Man," was his best yet. Two other routines of note were Winklaar's popping-and-locking dance-a-thon and Wolf's striking heroic shots to John Paesano's *The Maze Runner* theme (the rare case when a modern bodybuilder poses to one song from start to finish). Both were audience favourites.

The judging comparisons on Saturday were highlighted by various combinations of the top quartet, and it was clear that Wolf was the odd man out as Jackson, Heath, and Rhoden were shuffled. When Weinberger moved Heath so that Jackson and Rhoden were delt-by-delt in the centre, the crowd roared. The Gift certainly has his detractors, but much of that reaction was simply an acknowledgment that maybe, just maybe, the unpredictable could happen. Still, wherever he stood, Heath was winning poses, especially the two crucial rear shots. And in the end he was moved between Jackson and Rhoden again. The two Mr. O's slapped hands while Rhoden gave Heath the side eye and reluctantly retreated to a bookend position. This was a contest between the 12th (Jackson) and 13th (Heath) Mr. O's. Forget No. 14 for another year. Backstage soon thereafter, No. 13 caught up with his old friend No. 11, Jay Cutler, the legend whose four Olympia titles he was destined to surpass an hour later.

PLACINGS

On Saturday, Warren made up a seven-point deficit to squeak by Winklaar via a single digit, denying the Caribbean the top six finish he sought. When Elssbiay's fifth received a tremendous clamour, the colossus thumped his chest and jabbed a fist at the sold-out Orleans Arena crowd in appreciation. That outcry was topped by the boos and lupine howls when Wolf was announced fourth. The most dejected man at the Olympia was Rhoden, who felt this should've been a duel between him and Heath. It never was, despite his straight seconds on Friday. And on Saturday, when the judges reevaluated the top quartet, Jackson soared from fourth to overtake Rhoden by one painful point, costing Flexatron

8

William Bonac



MR. OLYMPIA

\$50,000 and the unofficial title of heir apparent.

Three hours earlier, AMI CEO David Pecker provided a surprise during his opening speech: He was bumping the Mr. Olympia top prize all the way up to \$400,000. (It was \$275,000 last year.) Heath hadn't heard the news until I broke it to him backstage midshow, and he was pleased about its implications for bodybuilding's popularity and profitability, but he was otherwise nonchalant. For him, the title is the most important thing.

In the end, when it was just the two Mr. Olympias, Jackson and Heath, at centre stage, emcee Bob Cicherillo bellowed, "Take the Sandow trophy, the check for \$400,000, the Olympia gold medal, and the title of 2015 Mr. Olympia." Before he heard his name, but when he heard "to your five-time champion," Heath pumped a fist and fired a most muscular and rocked on his feet in ecstatic triumph.

AFTERMATH

The question is, can anyone beat him? Next year, Jackson will be 46. Rhoden, Warren, and Greene will all be 41. Though still dangerous, Wolf peaked years ago. Big Ramy has to decide to be more than just big. The next generation—Justin Compton, Dallas McCarver, Cody Montgomery—may be many years away from contention. When Dorian Yates won his six Sandows, he had several legitimate threats. For most of Ronnie Coleman's eight-year reign, Cutler was on his tail. And when Cutler was king, Heath was rising fast. Who can prevent the Gift from getting to not just six next year but a record nine in 2019? That's unclear today, but a lot can change over four years—or one year. Stay tuned.

Victor Martinez

9



Essa Obaid

10





ABS AND THIGHS with (from left) Wolf, Jackson, Heath, and Rhoden.



FRONT DOUBLE BICEPS with (from left) Obaid, Winklaar, Warren, Elssbiay, and Martinez.

"Four was great," Heath said backstage just after he won Sandow No. 5 (a larger, redesigned statue). "But no one has won five since Ronnie Coleman, and, I'll be honest, that puts me in a different category. The only guys I'll be compared with in the legend category are Dorian, Arnold, and the two eight-timers [Lee Haney and Coleman]. So it'll really solidify my dynasty, and that's why I've been hashtagging it so much, just as motivation to myself."

As for winning at less than his best, Heath stated, "I think on Saturday I just found a way to get it done. More important, I just took Saturday really personally. I have experience with all of these guys. I've taken their best shots and come out on top. I was only 90% this time, and I'm going to be chasing that perfection next year. That's what I'm excited about. I know my legs can get better, because they were this year. So I can work on maximizing that and just continue to keep that roundness up top, and I proved to everyone that I can keep my waist in shape."

THE JUDGING COMPARISONS ON SATURDAY WERE HIGHLIGHTED BY VARIOUS COMBINATIONS OF THE TOP QUARTET.

"The other four [Mr. Olympia wins to break the record], I can't think about them yet. I just have to do my job. I'm going to try some things this off-season, because I think I can make it lights out. In my heart, I want to start doing that. I want to be known as a dominating Mr. Olympia. These guys pushed me. I'm not gonna lie. But I just pushed back harder." **FLEX**

SANDOW 2.0

BODYBUILDING'S TOP TROPHY

GETS A REBOOT FOR THE MODERN ERA

■ The year is 1901. The place is the Royal Albert Hall, and spectators have gathered for the first bodybuilding contest in history: the Great Competition, produced by Eugen Sandow, famous strongman and "bodybuilder." It is also the first time that his namesake statue will be handed out as a trophy. Fast-forward 114 years and the Sandow, which has become the trophy of the Mr. Olympia, sits on the mantelpieces of 11 of the greatest bodybuilders to ever stand on a stage. And that number will stay at 11.

As this year a new Sandow was handed to the 2015 Mr. Olympia, Phil Heath.

Bigger in stature with greater musculature, the new Sandow reflects the evolution of bodybuilding and the Mr. Olympia. In addition, the face has been reworked to more closely resemble Eugen Sandow, and the base includes the names of all the Olympia winners in chronological order. And as Phil Heath can attest, the new statue is much heavier than the original.



TALE OF THE TAPE

OLD SANDOW ▶

Age 121 years

Weight 7.7 kg

Height 41 cm

Material Bronze

Value Priceless

▶ NEW SANDOW

Age 2 months

Weight 20.4 kg

Height 61 cm

Material Solid bronze

Value Priceless



39

Olympia Sandows
since 1977

11

Men have won
Olympia Sandows

**THE SANDOW WAS THE
BRAINCHILD OF JOE
WEIDER AND ARNOLD
SCHWARZENEGGER**

1

Sandow is held
by seven-time
winner Arnold
Schwarzenegger

The original statue
was created in 1891 by
Frederick Pomeroy; **the
Mr. Olympia Sandow
was modelled after a
gold statue made in
1894** by Mullers & Sons
of New York



The Sandow
was **awarded to
the winner
of the 1950
Mr. Universe,**
Steve Reeves

2

Olympia
winners
**do not
own a
Sandow:**
Larry Scott
and Sergio
Oliva

**FRANK ZANE,
IN 1977, WAS
THE FIRST
MR. OLYMPIA
TO BE AWARDED
THE SANDOW**

TOTAL ACCESS

FROM BACKSTAGE TO THE EXPO
FLOOR AND EVERYTHING IN
BETWEEN, **FLEX** BRINGS YOU
EXCLUSIVE PHOTOS FROM THE
2015 IFBB OLYMPIA WEEKEND

Backstage at Orleans Arena, **Phil Heath** takes a final glimpse in the mirror moments before going onstage to defend his crown. "The Gift" had a tough battle ahead, but in the end, he prevailed to win his fifth straight Sandow.







Mamdouh Elssbiay checks out a pair of quads that just may be the widest in the world. He drew unlucky No. 13, but he finished the night with his highest Olympia placing to date: fifth.



▲ Nothing says sexy like muscles and sequins! Just ask **Narmin Assria** as she pumps her guns before strutting onstage for the Bikini Olympia finals. Assria shows remarkable concentration despite the distracting view in the mirror.

Fans from all over the world flock to Las Vegas in September to take part in the activities, like **pullups at the Muscle & Fitness booth** and mingling with star bodybuilders.

Some athletes prefer to keep a low profile, like **Shawn Rhoden** (far right), who focuses on the task at hand as he squeezes out a most-muscular pose. Rhoden finished third.



Heath and Dexter Jackson thought they were auditioning for *Dancing with the Stars* until head judge Steve Weinberger had the duo cut their foxtrot short to get them onstage for the final comparison and pose-down. Jackson finished as runner-up in his record 16th Olympia appearance.

► Car deadlifts at the M&F booth were one of the many attractions at the Olympia Expo. **Using up every inch of the 459,000 square feet of the Las Vegas Convention Center,** the expo is a sea of bodies taking in the latest innovations in the industry.



TOTAL ACCESS

Looking fabulous in a bikini is only one part of the total package required to win the **Fitness Olympia**. Competitors warm up backstage for their finals routines, complete with costumes and props.



▲ **Dennis James** (left) and **Bob Cicherillo** host the Mr. Olympia Press Conference, the first public event of Olympia Weekend. Thankfully, Cicherillo didn't come out in a matching suit. That would have been awkward.

◀ "Whatchu looking at?" **Heath** takes a moment to mug for the camera with this impromptu impersonation of the famous Joe Weider bust. We think the Master Blaster would approve of Heath's delts, arms, and upper chest.

TOTAL ACCESS



It takes thousands of hours of gym time and buckets of sweat to make it to the Olympia. It's the moment of truth for athletes like **William Bonac**, who build not only their bodies but also their hearts and minds to compete at this level.

▲ Top: Four-time Mr. Olympia **Jay Cutler** confers with **Heath** backstage. Cutler was the last man to beat Heath when the two competed at the 2010 Mr. Olympia. Heath has not lost a contest since winning the 2011 Mr. Olympia over Cutler. The two remain close friends.

▲ Olympia Weekend is a chance for people to see the greatest bodybuilding and fitness athletes in the world as they **show what the human body is capable of** when you combine genetics and hard work. This year's event was the most successful of all time, with records for prize money and attendance.

ERICA SCHULTZ; CHARLES LOWTHIAN; ERICA SCHULTZ; CHARLES LOWTHIAN

TOTAL ACCESS

The soon-to-be **five-time Mr. Olympia** psychs himself up en route to center stage. At just 35 years old, Heath is only the 13th man to realize the dream of being the greatest bodybuilder on the planet. Will he secure a sixth Sandow? **FLEX**



BUILDING A LEGACY

FLEX LEWIS WINS HIS RECORD-SETTING
FOURTH OLYMPIA 212 SHOWDOWN

**OF COURSE FLEX LEWIS
HOLDS THE RECORD FOR
MOST OLYMPIA 212
SHOWDOWN TITLES.**

He's won all four of them since the division was bumped up from 202 pounds (92 kg) in 2012. More important, he now has the most "lightweight" Olympia victories. When the Mr. Olympia was divided into lightweight and heavyweight divisions from 1974-79, Franco Columbu and Frank Zane each took the former title three times. Furthermore, Kevin English won the old Olympia 202 Showdown thrice. So Flex's No. 4 at the 2015 Olympia 212 Showdown was historical. It was also a return to form after winning at less than his best last year.

THE REST

Far from their best were Kevin English, who failed to place and unwisely attempted a comeback at 42; and





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IFBB Olympia contests at
ifbbtv.com!

Aaron Clark, who was sixth last year but a smooth 14th this time. On the other hand, a couple of O rookies nearly cracked the top 10. Kyung Won Kang presented pleasing density and remarkably deep quad crevices, and Alejandro Cambro-nero had one of the most classically aesthetic physiques of the weekend. Also notable is ninth-place finisher Craig Richardson, who, 12 years after his pro debut, sacrificed leg size and moved down to the 212 division in 2015 with career-resuscitating results.

MONEY SPOTS

Guy Cisternino brought the cuts—especially from behind—and was rewarded with his highest placing yet. Only lagging arms kept him from moving into contention. On the other hand, after his close second last year, Eduardo Correa retreated three spots. As usual, he displayed deep quad, back, and ab lines, but he lacked that extra level of crispness that distinguishes him from the pack. Likewise, David Henry wasn't at his spaghetti-striation peak, but his physique has a better flow than Correa's, and he returned to contention after a dismal 2014. Correa and Henry not cracking the top three cleared space for Hidetada Yamagishi to move up. At 42, Japan's all-time greatest bodybuilder is

**Flex
Lewis** **1**





experiencing a renaissance in the 212 division. His sushi-cut quads and back were superb, and, as always, he displayed his proportionate physique with dramatic flair.

TOP CONTENDER

After his third in last year's 212 O and victory at this year's Arnold Classic 212, Jose Raymond emerged as the division's top contender. He brought his trademark grainy thickness to the stage, and this may have been his all-time best combination of size and cuts. He lacked deli-sliced definition, and his chest faded in the front lat spread, but there's no doubt this 40-year-old Bostonian is maximizing his potential.

During an interlude in his posing routine, Raymond pranced about to "Puff the Magic Dragon." Later, while they stood onstage awaiting announcement of the winner, Raymond informed Lewis, aka the Welsh Dragon, of the playful shot. They laughed. "It's all about having fun," Lewis said after his victory. "It's all about creating hype. If we as 212 guys don't create hype, it's a dead class. It's all fun and games, but nothing malicious."

THE BEST

Flex Lewis had been motivated to win No. 4 convincingly ever since



2

**Jose
Raymond**

212 SHOWDOWN

3

Hidetada Yamagishi



212 SHOWDOWN

he was less than convincing when winning No. 3. "I remember coming offstage last year and hearing it's so close between you and Eduardo," Lewis said. "I never want that to happen. So I wanted to get back to the look I had in previous years, the tight waistline and what I think defines the 212: the symmetry, the classic lines, and obviously crazy conditioning. Last year was not me, so coming into this show, my main goal was getting back to my winning formula."

He succeeded. His waist was as wispy as ever, and when he locked in his rear double bi all those Welsh Dragon qualities were once again on display: the unparalleled lumbar density, the best-in-show calves, the horizontal butt cracks, and the medley of shape, size, and separation that has been unbeatable in the 212s. It was a strong return to form for the most victorious lightweight Olympian of all time.

As for No. 4, Lewis didn't know how historic it was until two days before the contest. "I was shocked to learn that," the Welsh Dragon said of his lightweight Olympia record. "And to be up there with Frank Zane and Franco Columbu [who together won five overall Mr. Olympia titles] and to surpass them in this way is truly an honour." He paused to let it sink in and then smiled. "It's amazing because this is what I want to do, grow this sport, leave my mark, make history. I'm all about building a legacy."

2015 IFBB OLYMPIA 212 SHOWDOWN

- | | |
|---|---|
| 1 Flex Lewis* \$40,000 | 11 Kyung Won Kang |
| 2 Jose Raymond* \$17,000 | 12 Alejandro Cambroner |
| 3 Hidetada Yamagishi* \$8,000 | 13 Marco Rivera |
| 4 David Henry* \$5,000 | 14 Aaron Clark |
| 5 Eduardo Correa* \$3,000 | 15 Tricky Jackson |
| 6 Guy Cisternino \$2,000 | Did Not Place: Oliver Adziewski, Marian Cambal, Shawn Clarida, Dobromir Delev, Kevin English, Kim Jun Ho, Zane Watson |
| 7 Charles Dixon | *Qualified for 2016 IFBB Olympia 212 Showdown. |
| 8 Ahmad Ahmad | |
| 9 Craig Richardson | |
| 10 Al Auguste | |

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BIKINI DYNASTY

ASHLEY KALTWASSER COMPLETES A TRILOGY WITH HER THIRD BIKINI O



2015 IFBB BIKINI OLYMPIA

- | | |
|---|-----------------------------------|
| 1 Ashley Kaltwasser* \$25,000 | 6 Narmin Assria \$1,000 |
| 2 Janet Layug* \$12,000 | 7 Stephanie Mahoe |
| 3 Courtney King* \$7,000 | 8 Justine Munro |
| 4 India Paulino* \$3,000 | 9 Michelle Sylvia |
| 5 Stacey Alexander* \$2,000 | 10 Jamie Del Angel |

*Qualified for
2016 IFBB Bikini
Olympia.

FIGURE OLYMPIA

WATTS UP

LATORYA WATTS TURNS UP THE VOLTAGE TO WIN HER FIRST O AND BECOME THE NEW QUEEN OF FIGURE



2015 IFBB FIGURE OLYMPIA

- | | |
|------------------------------------|--|
| 1 Latorya Watts* | 6 Gennifer Strobo |
| \$30,000 | \$2,000 |
| 2 Nicole Wilkins* | 7 Ann Titone |
| \$15,000 | 8 Cydney Gillon |
| 3 Candice Lewis* | 9 Andrea Calhoun |
| \$10,000 | 10 Joan Smith |
| 4 Camala Rodriguez-McClure* | *Qualified for 2016 IFBB Figure Olympia. |
| \$5,000 | |
| 5 Candice Keene* | |
| \$3,000 | |

FITNESS' FINEST

OKSANA GRISHINA HITS ALL HER MARKS
EN ROUTE TO A SECOND FITNESS O



2015 IFBB FITNESS OLYMPIA

- | | |
|---------------------------------------|------------------------------------|
| 1 Oksana Grishina* \$30,000 | 6 Michelle Blank \$2,000 |
| 2 Tanji Johnson* \$15,000 | 7 Fiona Harris |
| 3 Myriam Capes* \$10,000 | 8 Ryall Graber |
| 4 Regiane Da Silva* \$5,000 | 9 Whitney Jones |
| 5 Bethany Wagner* \$3,000 | 10 Marta Aguiar |
- *Qualified for 2016 IFBB Fitness Olympia.

MEN'S PHYSIQUE SHOWDOWN

SHOWSTOPPER

IT WAS THE LARGEST DIVISION OF OLYMPIA WEEKEND...AND
JEREMY BUENDIA WALKED OFF AS THE TWO-TIME CHAMP



2015 IFBB OLYMPIA MEN'S PHYSIQUE SHOWDOWN

1 Jeremy Buendia*
\$15,000

2 Sadik Hadzovic*
\$7,000

3 Jason Poston*
\$3,000

4 Ryan Terry*
\$1,500

5 Brandon Hendrickson*
\$1,000

6 Dean Balabis
7 George Brown

8 Ryan Hinton

9 Anton Antipov

10 Jacques Lewis

*Qualified for
2016 IFBB
Olympia Men's
Physique
Showdown.

WOMEN'S PHYSIQUE SHOWDOWN

UNSTOPPABLE

JULIANA MALACARNE DOMINATES THE FIELD TO DEFEND HER TITLE



2015 IFBB OLYMPIA WOMEN'S PHYSIQUE SHOWDOWN

1 Juliana
Malacarne*
\$15,000

2 Kira Neuman*
\$7,000

3 Tycie Coppett*
\$3,000

4 Danielle
Reardon*
\$1,500

5 Autumn
Swanson*
\$1,000

6 Mindi O'Brien

7 Gloria Faulks

8 Erica Blockman

9 Teresita Morales

10 Jacklyn
Abrams

*Qualified for
2016 IFBB
Olympia Women's
Physique
Showdown.
FLEX

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Kent 30-34 GROSVENOR RD, TUNBRIDGE WELLS, KENT, TN11 2AP

Manchester CHILLFACTORY, UNIT 14/15 TRAFFORD WAY, TRAFFORD QUAYS LEISURE VILLAGE, MANCHESTER M41 7JA

Newcastle ROYAL QUAYS OUTLET, COBLE DENE, NORTH SHIELDS, NE29 6DW

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REVERSE CURL

Proportionate forearms add to every pose. Unless you are genetically gifted with Popeye forearms, you should include forearm exercises, like this reverse curl, as a regular part of your overall arm routines.

Young GUNS

THE RAPID RISE OF 2015 USA CHAMP AND THREE-TIME TEEN NATIONALS WINNER **CODY MONTGOMERY** AND HOW HE BUILT PRO-CALIBRE ARMS BY AGE 20

BY GREG MERRITT PHOTOGRAPHS BY PER BERNAL



A Although there are two bona fide pro legends, Shawn Ray and Branch Warren, among the 32 NPC Teen National champs, only six overall victors had turned pro before this year. Now Cody Montgomery has joined that exclusive club. Already he's had a legendary amateur career. Of those 34 Teen Nats, he's the only person to win more than one, and he did it thrice. Then he leaped into this year's USA Championships and once again took home the heaviest hardware, becoming the first person to go pro in his debut NPC open contest and, at 20, the youngest overall winner of a pro qualifier. Expectations are now sky-high. Can he keep his winning streak alive in the big league? Can he have a legendary pro career to match his amateur years? Settle in. We've witnessed only the first steps of what will likely be a long journey.



POSING PRACTICE

Hitting your poses can help you achieve a stronger mental link with your muscles, which, in turn, can translate to better workouts in the gym.

NOBODY

"Words can't capture everything I've experienced already," Montgomery says. "When I first started bodybuilding, I just wanted to be noticed, because I was a nobody, and as time went on, I wanted to be remembered as the greatest teen bodybuilder ever. I don't know if that's necessarily the case, but I definitely have the titles to back it up that I was a very good teen bodybuilder. Regardless of whether or not I'm the best ever, I don't think anyone's going to beat that record [three Teen National overalls], so it feels good that I'm going to be remembered for that for a long time."

Cody Montgomery was born in Anchorage, Alaska, on Aug. 6, 1994, the youngest of three children. His parents, oil engineers, moved the family to suburban Dallas, Texas. There, the youngest Montgomery was a skinny skateboarder before, at 12, he began lifting weights for football. "I still re-

member when I broke 45 kg on the gym scales," he says with a laugh. Soon, that number was rapidly expanding. "The summer between junior high and high school, I really got into eating and lifting to get bigger. As a freshman, I competed as a powerlifter in the 181s [division for those who weigh 75–82 kg]."

Jay Cutler and Flex Lewis were his early inspirations, and he remains a fan of both even as they've become his friends. "I started looking at YouTube videos of bodybuilders, lifestyle videos, and training videos, and those

were the two guys I focused on the most." Four-time Mr. Olympia Cutler and four-time Olympia 212 champ Lewis were each, like Montgomery, teen prodigies and youthful professionals. Cutler won the heavyweight class of the 1993 Teen Nationals before losing the overall to Warren. Lewis was the British junior champ at 19. Both O titlists earned pro status at 23.

ACCEPTANCE

Montgomery began his rapid rise a week after his 16th birthday when he won the teen division of the

"I wanted to be remembered as the greatest teen bodybuilder ever."

2010 NPC Dallas Europa. "It just felt right, like it was my calling," he says of his debut outing. The following year, he won not just the teen title of the Ronnie Coleman Classic but also the men's middleweight novice division. Then, in 2012, he set his sights on the NPC Teen Nationals. High school teachers allowed him to down the necessary meals and protein shakes in classes to stay on his meal plan. He was only 17 (the Teen Nats is held annually in late July, just before Montgomery's birthday), but at 84 kg, the 170-cm Texan presented a surprisingly "finished" physique with rare qualities like zippered quads, a lumbar Christmas tree, and pointy biceps. In a shocker, the light-heavyweight became the youngest person to win the overall title.

"I think other than the USA, that was the greatest moment of my life," Montgomery states. "I wasn't expecting it. Nobody knew who I was. With the Teen Nationals, there's not a lot of hype, but whatever hype there was that year was for Dominic Cardone [who won the heavyweight class], and he had major sponsorship and everything. I was just some nobody going in there. And that was probably the coolest experience of my life, because it was the first time I really got accepted into the world of bodybuilding."

That acceptance included a subsequent photo shoot in Gold's Venice with legend Chris Cormier, who, at 26, won the 1993 USA Championships—the year before Montgomery was born. "The Real Deal" went on to win 11 pro shows and finish second in the Arnold Classic six straight years with the type of proportionate, mass-with-class physique that Montgomery is building. "He's seen it all, done it all, but also had some stumbles, so he can tell me how to do things right in bodybuilding but also in life," this year's USA champ states. "He's been great just advising me on a personal level. I think of him as a father figure."

HAT TRICK

With one Teen National title, Montgomery's focus turned to becoming the first person to repeat. "That second year, I thought of it more as a job," he admits. He barely eked in at the 90 kg light-heavy limit on his way to



OVERHEAD EXTENSION

Building the triceps long head will add fullness to your arms, particularly in the front and rear double biceps poses.

making history with Teen Nats title No. 2. "And then after that I got more and more motivated, and it just became more of my life." With two titles at 18, why not go for No. 3 at 19? After all, three is a tally that will likely never be matched and, safe to say, never be topped. For extra motivation, Montgomery, by then a business student at the University of Texas, also entered the NPC Collegiate Nationals, held concurrently with the Teen Nats. Weighing in at 97, he won both shows.

As a three-time Teen Nationals champ, Montgomery has advice for other teenage bodybuilders. "Don't rely too heavily on supplements. Obviously, supplements play an important role, but I think

some teenagers will drink a lot of protein shakes instead of eating real food. You need to have a balance. That's one thing I'd say to teenagers regarding everything and just life in general: Keep a balance. Remember, you're only young once, so be sure you enjoy it, but at the same time be focused and know what you have to do to make the kind of bodybuilding gains you want or whatever goals you have. You also need to get your mind positive. Sometimes you have to work on that, work on eliminating negative influences from your life and work on eliminating negativity from your thinking. That's one thing I had to work on over the past year, and it paid big dividends for me."



IFBB legend Chris Cormier shows Montgomery the ropes.

DIPS
Position your hands close together and keep your body as vertical as possible to target the tri's.

“I’m not trying to...change my look. I think a lot of people make that mistake when they turn pro—they try to get monstrous and lose all their lines.”

to me yet. Maybe it never will. But I love the feeling, and I certainly feel blessed.”

PROFESSIONAL

The latest USA champ took the fall university semester off to “let things settle down and focus on travel for appearances,” but he does plan to get his degree. Meanwhile, he’s not yet certain where he’ll make his pro debut. He’s gone from 84 in the summer of 2012 to 102 in the summer of 2015, at a steady pace of 4.5 to 7 kg per year. At his height, another 4.5 to 7 is likely all he’ll need to contend for pro titles in 2016. “I’m not trying to push crazy amounts of food or anything like that and change my look,” he explains. “I think a lot of people make that mistake when they turn pro—they try to get monstrous and lose all their lines.”

Before he even turned 21, Montgomery had racked up a record three Teen Nats and an unprecedented one-and-done USA win. But he’s in this for the long haul. Bodybuilding is his career now. And ultimately he wants to be remembered more for what he does as a professional than what he did as an amateur. He wants to have a legendary pro career, like fellow Teen National champs Shawn Ray and Branch Warren, and like fellow USA champs Chris Cormier and Phil Heath. The truth is, for all Cody Montgomery has achieved, he’s 21, all he does is win, and he’s just getting started. **FLEX**

ONE AND DONE

Montgomery is refreshingly honest about experiencing what he calls “a bit of a depression” earlier in 2015. “I didn’t have my previous contracts. I’d broken up with my girlfriend. Life felt like it was falling apart.” He had originally planned to do the NPC Nationals in November, but he told his nutritionist, Chris Aceto, he needed something to focus on before then. “I said, ‘If you believe I can win the USA, let’s do the USA.’” Aceto concurred, and the 20-year-old phenom prepared for the July pro qualifier.

He had to pull hard that last week to make it under the heavy-weight limit, weighing in at 102. It was his first open contest and first pro qualifier, having earned his way onstage by winning the Teen Nationals (and Collegiate Nationals). A stomach bug the night

of the show nearly derailed his undefeated streak, but once again Montgomery brought his winning combination of pleasing lines, an aesthetic shape, and high-def detailing. He won the heavyweight class over 2005 Teen Nationals champ Gerald Williams (who subsequently went pro at the North American Championships) and then took the overall. Neither win was ever in doubt.

“I almost feel like that [the USA] was more godsent because of everything I went through this year, being down and showing resilience and that I can persevere. It meant a lot to me personally that I never stopped believing in myself. I just think it was godsent that I was sick and not only managed to get onstage but won. All of this doesn’t even make sense



ONE-ARM CABLE CURL

This is a great finishing move to pump the biceps full of blood. Focus on the working muscle and visualize your biceps as mountain peaks.

CODY MONTGOMERY

MONTGOMERY'S TRAINING SPLIT

| DAY | BODY PART |
|-----|-------------------------|
| 1 | Quadriceps, Hamstrings |
| 2 | Chest, Calves |
| 3 | Back |
| 4 | Off |
| 5 | Shoulders, Hamstrings |
| 6 | Triceps, Biceps, Calves |
| 7 | Off |

MONTGOMERY'S TRICEPS ROUTINE

| EXERCISE | SETS | REPS |
|--|------|-------|
| Rope Pushdown superset with Dip or Machine Dip | 4 | 12-15 |
| | 4 | 10 |
| Close-grip Bench Press | 3-4 | 10 |
| Triceps Ladder superset with Overhead Rope Extension | 3 | 15-20 |
| | 3 | 10 |

MONTGOMERY'S BICEPS ROUTINE

| EXERCISE | SETS | REPS |
|--|------|-------|
| Machine Curl | 3-4 | 10-12 |
| Hammer Curl | 4 | 8-10 |
| Reverse Curl | 3 | 10 |
| One-arm Cable Curl superset with Spider Curl | 3 | 10 |
| | 3 | 12 |

TEEN NATIONALS CHAMPS WHO WENT PRO

Franco Santoriello (1984) No impact in seven pro shows.

Shawn Ray (1985) Won '91 Arnold; 2nd in '94 and '96 O's.

Shane DiMora (1986) Turned pro at 19; only did four pro shows.

Branch Warren (1993) 2nd in '09 O; won '11 and '12 Arnolds.

Craig Richardson (1994) Still competing successfully at 41.

Jason Huh (2004) No impact in four pro shows so far.

Gerald Williams (2005) Qualified at '15 North America.

Cody Montgomery (2012-14) Youngest winner of a pro qualifier.





She's Got Legs

AND, AS YOU'LL SEE, THIS OLYMPIA CHAMPION KNOWS HOW TO USE THEM!

BY DAVE LEE PHOTOGRAPHS BY PER BERNAL

"The squat is the very best exercise for building your legs and butt. I wouldn't feel like I had a complete leg workout if I didn't squat."

■ They were famous long before she became an Olympia champion. In fact, for the first five years of her career, Juliana Malacarne stood on a pair of legs that made her, well, stand out, even as she was placing in the bottom half of all but one of the 11 shows she entered in for the IFBB Pro League. In 2012, a new division called women's physique was introduced and that year's inaugural New York Pro Physique proved to be the perfect platform for Malacarne to showcase those full, shapely legs, as well as the rest of her considerable talents. The Brazilian-born beauty now has a record seven wins, including two Olympia Women's Physique Showdowns, and Malacarne and her famous legs have walked into the record books as the most decorated women's physique competitor to date.

“People think you have to train heavy to develop your muscles, but the amount of weight you use has to be just right. It can’t be too heavy, and it can’t be too light that you’re not working hard enough. Around eight to 12 reps for upper body works well, with higher reps such as 10 to 15 for legs.”





"I get a lot of compliments on my legs. I've trained them very hard for years, so don't think that I was born like this. I think they're a great feature for me, but I believe my heart is my best body part."

STATS

DOB 8/5/75 **HEIGHT** 157

WEIGHT 54 kg

BIRTHPLACE Brazil

RESIDENCE Glenhead, New York

CAREER HIGHLIGHTS

2014-15 Olympia Women's Physique Showdown, 1st; 2015 Arnold Sports Festival, 1st; 2014 Europa Super Show, 1st; 2012-14 New York Pro, 1st

TRAINING SPLIT

| | |
|------------------|------------|
| MONDAY | Back |
| TUESDAY | Shoulders |
| WEDNESDAY | Quads |
| THURSDAY | Chest |
| FRIDAY | Arms |
| SATURDAY | Hamstrings |
| SUNDAY | Rest |

LEG WORKOUT

| EXERCISE | SETS | REPS |
|---------------|------|-------|
| Leg Press | 4 | 10-12 |
| Squat | 6 | 10-15 |
| Leg Extension | 4 | 10-15 |
| Leg Curl | 4 | 8-12 |

"I started training about 15 years ago, and the longest I've been out of the gym was 10 days. I feel best when I'm training all the time. It gives me energy and keeps me in a positive frame of mind. What can I say? I love working out!" FLEX



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Marc
Hector
is back

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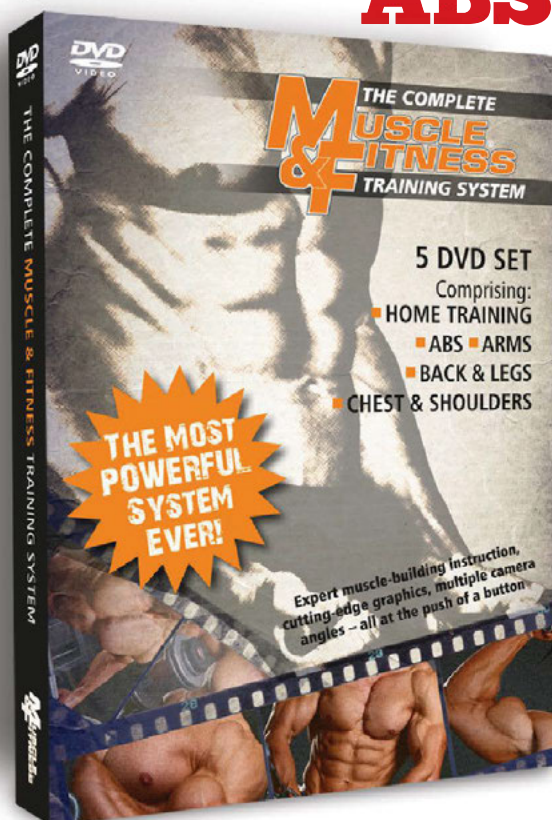
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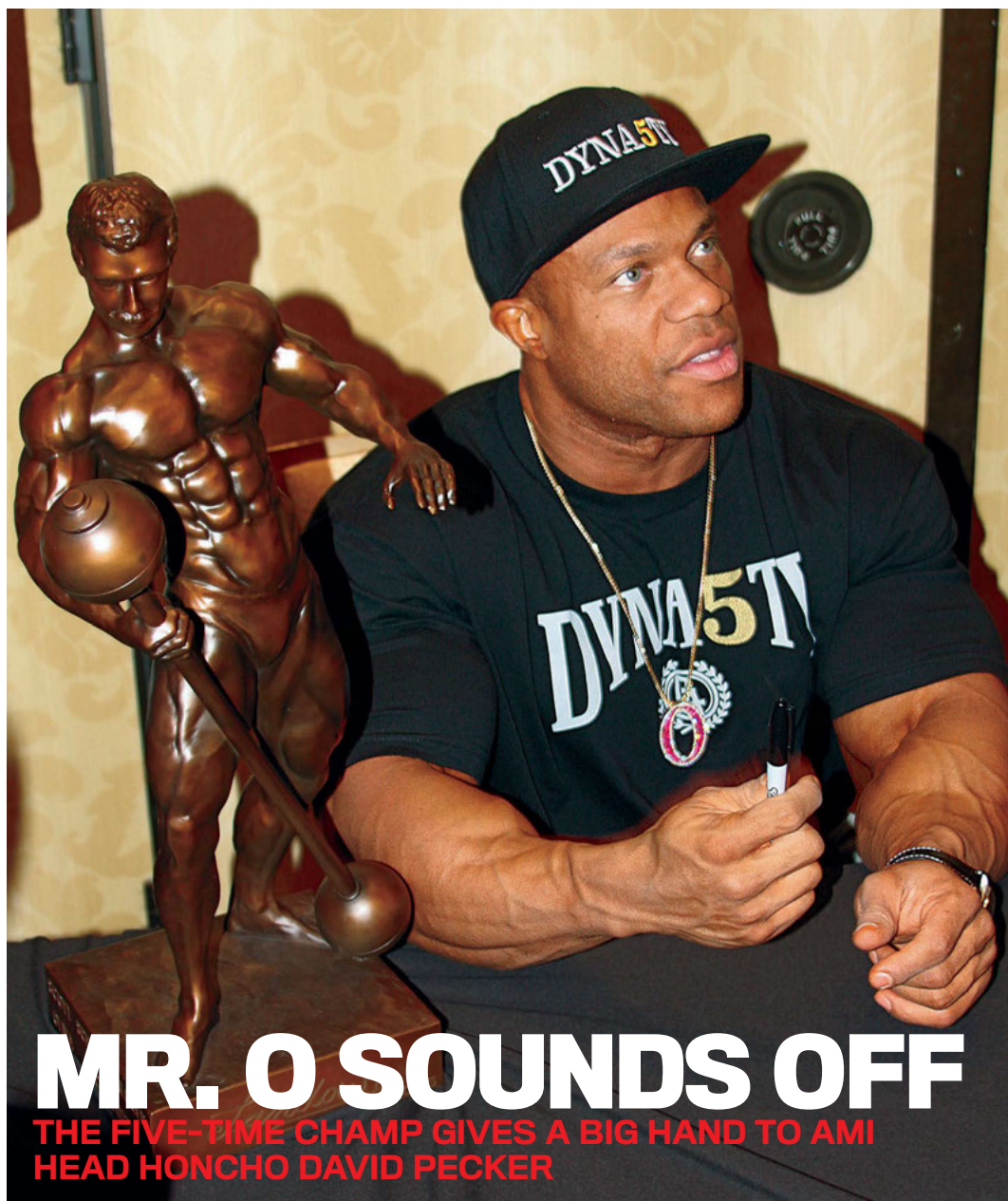
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MR. O SOUNDS OFF

THE FIVE-TIME CHAMP GIVES A BIG HAND TO AMI HEAD HONCHO DAVID PECKER

■ For hardcore fans, Sunday at the Olympia starts with the Olympia Superstar Seminar to catch the greatest bodybuilding and fitness pros in the world telling the sold-out crowd exactly how they did it. With the stress of competition behind them, it's a chance for the athletes to relax with their peers and connect with the fans.

Mr. Olympia, Phil Heath, sitting at the table with his fifth Sandow, gave credit where credit was due by launching into a passionate thank-you to David Pecker, chairman, president, and CEO of AMI: "I met David a few years back when he took over the helm at AMI. We had a few conversations, and one of them was, 'Phil, I want to make bodybuilding as big as I can.' I thought, 'This is gonna be awesome.' And he put his money where his

mouth is last night when he raised the prize money up to \$400,000. I had no idea you could get paid like that from a bodybuilding show."

Heath then spoke about the new Sandow and the evolution of the O: "I picked it up last night, and it was super-super freaking difficult. I started looking at it, and I just thought, 'Wow, I will always be remembered as a Mr. Olympia.' To have these names on here just solidifies my legacy. And David Pecker made that happen. If you guys saw the show last night, you got to see all these huge LED screens and all these cool things at work. That's honestly a tribute to David Pecker for allowing these things to happen and carrying on the dream that Joe and Ben Weider had all those years ago."



STRONG FINISH

■ The Eastern Seaboard trembled when 130-kg Mamdouh Elssbiay won his pro debut at the 2013 New York Pro, and the shock waves were felt throughout the bodybuilding world. Since then, the bodybuilding community has been waiting for him to break through at the Olympia, but with an eighth in 2013, a seventh in 2014, and a fifth in 2015, patience is starting to wear thin. Elssbiay has never lacked for size but has failed to nail the crisp conditioning necessary to battle the sport's top-tier guys. But last Oct. 3, Elssbiay may have put himself back on the path, finishing runner-up to Dexter Jackson at the EVLS Prague Pro, beating Shawn Rhoden and Dennis Wolf for the first time in his career. The difference? He brought the cuts. True, he wasn't exactly bone-dry, but his separation and detail were much improved from his Olympia showing. If Prague is any indication of what could be possible if he dials it in, then 2016 could very well be the year that bodybuilding's next big thing finally delivers the goods.

ON THE BIG STAGE

THE OLYMPIA 212 SHOWDOWN
MOVES TO ORLEANS ARENA

■ In 2008, the IFBB Pro League created the 202-and-under class (increased to 212 in 2012) and since that time, it has been held at the Las Vegas Convention Centre as part of the Olympia Expo, with only the finals held on Saturday at Orleans Arena. That's going to change after IFBB Pro League president Jim Manion stepped onstage at the O finals and asked the crowd if they would like to see the 212 Showdown move completely to the arena. The people spoke, and the Prez heard them. In 2016, the Olympia 212 Showdown will be on the Orleans Arena stage. Stay tuned for the exact schedule.



A RECORD-SETTING YEAR!

■ It was a mere dream when Joe and Ben Weider created the International Federation of Bodybuilders in 1946. Today, the IFBB (changed to the International Federation of Bodybuilding and Fitness in 2004) is the biggest bodybuilding organization in the world. In 2005, the professional division split from the IFBB, and Joe and Ben entrusted Jim Manion (now president) with the new IFBB Professional League. His directive was simple: Grow! And, boy, did he ever! ~~In 2005, there were four divisions, men's and women's bodybuilding, fitness, and figure. Today, there are nine,~~ including 212, bikini, men's and women's physique, and wheelchair. And check out these numbers.

In 2015, records were set for total prize money, Olympia prize money, number of contests for nearly all divisions, number of competitors, and number of Olympia Weekend competitors. "Many hardworking, dedicated, committed, and loyal people from all over the world are responsible for, and share in, the IFBB Pro League's success and steady growth and development, particularly over these past 10 years," Manion said. "They include athletes, judges, officials, promoters, sponsors, photographers, print and online media, supporters, and fans. This also includes the long-standing, supportive, and valued relationship the IFBB Pro League continues to have with the IFBB and its president, Dr. Rafael Santonja."

STILL SHARP

■ Dexter Jackson started the season with a record fifth Arnold Classic title, placed second in his 16th Mr. Olympia (the record for most Olympias entered), and brought his total wins to 24, second behind only Ronnie Coleman's 26. And "the Blade" did it all at 45 years old, making him the second-oldest IFBB Pro League contest winner behind Albert Beckles (52). Jackson's efforts earned him the IFBB Pro League award for Male Athlete of the Year, and we look forward to seeing what's in store for this year.



\$3,404,150

Total prize money in 2015 vs. \$1,381,500 in 2005

184 | 1,200

Total contests
vs. 33 in 2005

Total competitors
vs. more than
200 in 2005



1 Mark Hector
2 Banji DeMayji
3 Corinne Ingman



AFTER A TWO-YEAR ABSENCE

from the stage, Marc Hector returned to show why he's one of Britain's brightest bodybuilding talents.

The Leicester man first made a big impact when he won the 90 kg class at the 2013 UK Nationals. With his tiny waist and freaky X frame, he had the look of a man with the potential to go far.

He then took two years off from competing to grow and in particular build up his legs before getting back on stage at

the inaugural Sugar's Classic in his home city of Leicester.

Weighing a beefed-up 96 kg, Hector had clearly packed on some mass but the trademark tight waist and flowing lines were still there as he eased to victory in the heavyweights.

The judges were so impressed they invited him to this year's British Championships, Arnold Classic Europe and the UK Amateur Olympia so 2016 could be a busy and defining year for Hector.

The Sugar's Classic, named after popular long-serving UKBFF vice-president Dennis 'Sugar' Christopher, rounded off the 2015 competition year.

Other notable winners included super-heavyweight Banji DeMayji and Corinne Ingman in women's physique.

SWEET AS SUGAR

HECTOR COLLECTS ANOTHER TROPHY AS SEASON ENDS IN STYLE IN LEICESTER.

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IRISH CLASSIC

NATHALIA MELO-WILSON IS USED TO WINNING SHOWS—NOW SHE'S PROMOTING THEM.



WITH HER AMAZING BRAZILIAN GENETICS, Nathalia Melo was one of the first pro bikini superstars.

The 2012 Olympia champion moved to Belfast a couple of years ago to marry Irish rugby player Roger Wilson and is now encouraging others to get on stage by promoting her first contest.

Athletes from 15 countries flocked to Dublin for the inaugural Nathalia Melo Classic. The IFBB-sanctioned event included winners of the Arnold Classic Europe and Amateur Olympia and there were strong contingents from Ireland and Britain.

"We definitely want to make the Nathalia Melo Classic an annual event on the IFBB calendar so hopefully soon we will start looking at potential dates for 2016," says Melo.

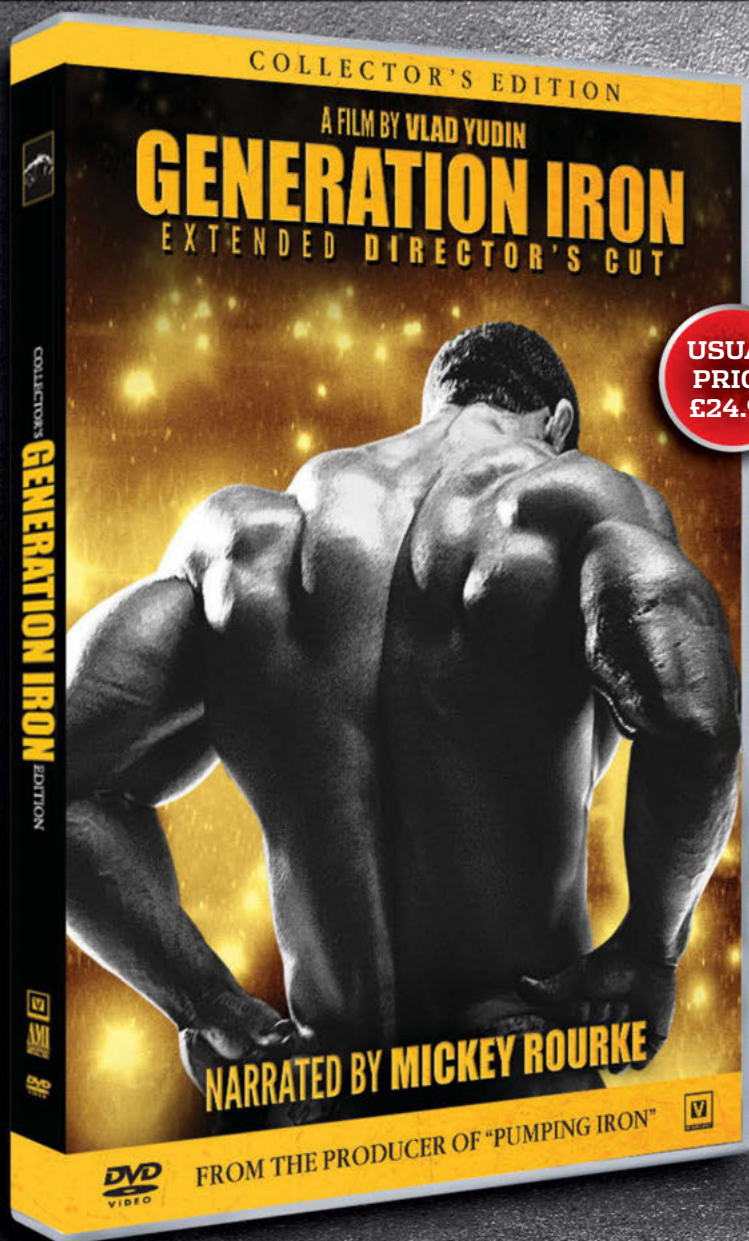
1 Bikini short class winner Inmaculada Cifuentes from Spain. **2** Classic bodybuilding champion Gergely Arnold. **3** Nathalia with overall men's physique champion Rasto Valent from the UK. **4** Slovakia's Kristina Kalenkova (centre) won the bikini tall class.



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John Strong (left) receives the statuette bearing the image of his grandfather - Eugen Sandow.



SANDOW RETURNS

GRANDSON OF THE
FAMOUS VICTORIAN
STRONGMAN RECEIVES
AWARD AT AMATEUR
OLYMPIA.

BODYBUILDING IS OFTEN REGARDED as an American sport but Britain held the first contest in 1901. Known as The Great Competition, it was organised by the famous Anglo-German strongman Eugen Sandow at London's Royal Albert Hall in 1901.

The judges included Sir Arthur Conan Doyle, author of the Sherlock Holmes novels. Gold, silver, and bronze statuettes of Sandow were awarded to the top three. Sandow died in Britain in 1925 and is buried in London's Putney Vale cemetery but his name lives on. Every year since 1977, a trophy bearing his likeness has been awarded to the winner of the Mr. Olympia. Current champion Phil Heath has five Sandows at home in Colorado.

At the 2015 UK Amateur Olympia in Liverpool, the 83-year-old grandson of Sandow, John Strong, was invited on stage to receive a Sandow statuette based on the 1901 original. UKBFF president Bill Tierney and Nieves Santonja, wife of IFBB president Rafael Santonja, made the presentation. Mr. Strong accepted the trophy saying it was appropriate that his mother had married somebody with the surname Strong.

UKBFF MODELLING CHAMPIONSHIPS

MUSCLE MODEL

- 1 Jermaine Donker
- 2 Kuba Jakub
- 3 Matt Sallis



MUSCLE MODELS

FIRST NATIONAL CHAMPIONS CROWNED IN NEW UK CATEGORY

FIRST THERE WAS BIKINI FITNESS and men's physique. Now there are muscle models as the evolution of bodybuilding continues.

The new UKBFF Model Division, which assesses competitors' looks as well as physiques, taps into the trend for overall aesthetics.

Most entrants are from bodybuilding backgrounds. Indeed, many also compete in men's physique and bikini but these contests give

them the opportunity to let their hair down in theme wear and evening wear rounds as well as show off their hard work in the gym.

After four qualifying events in 2015, 40 competitors lined up on stage at the first national finals, which were held in conjunction with the Amateur Olympia in Liverpool.

With more events scheduled to take place in 2016, the model division looks set to take off.

BIKINI MODEL

- 1 Sophie McGowan
- 2 Jessica Spruce
- 3 Sabrina Coates



FITNESS MODEL

- 1 Jennie Bliss
- 2 Natalie Charles
- 3 Linda Illestam



FITNESS MODEL

- 1 Geraint Whitcombe
- 2 Charles Batchelor
- 3 Ryan O'Sullivan



MATTY ALWELL

NO CONVERSATION WAS COMPLETE

at last year's British Championships without the words: 'Did you see that intermediate?' Matty Alwell made such an impression that he was immediately being hailed as the next big thing in British bodybuilding. He turned up in Nottingham barely known beyond Muscledworks Gym in London but by the end his name was on everybody's lips. With his ridiculously full muscle bellies and amazing shape, will he have the same impact in the open classes this year?

PREVIOUS
WINNERS

JANUARY
SASAN HEIRATI





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ALPHA DOGS

■ Mr. Olympia Phil Heath and Olympia 212 Showdown champion Flex Lewis have emerged as the most dominant bodybuilders of this generation. After runners-up at the Arnold Classic and Mr. Olympia in 2010, Heath has been on a tear, winning eight straight shows, including the Mr. Olympia from 2011-15. Lewis has been even busier, notching a 12-contest win streak (tying him with Ronnie Coleman's streak from 1999-2002), including four Olympia 212 Showdowns. Both combine exceptional fullness and details to stand above the competition—and the best rear double biceps poses in their respective divisions. Here, the two take a moment from their post-contest photo shoots in 2014 for this Team Olympia shot.



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